



# **The Girl's Body Book: Third Edition: Everything You Need to Know for Growing Up YOU**

*Kelli Dunham RN BSN*

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# The Girl's Body Book: Third Edition: Everything You Need to Know for Growing Up YOU

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You have questions? We have answers to everything you need to know for growing up you!

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. *The Girl's Body Book* is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have.

Topics covered include:

- \* From hair care to high heels, a head-to-toe guide to what's happening with your changing body
- \* Dealing with your friends, even when they don't want to deal with you – and how to handle “Mean Girls,” bullies, and cyberbullies
- \* The care and keeping of parents, teachers, brothers, and sisters
- \* Finding out what you like (from sports to art to music), and learning to like who you are
- \* And so much more!

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