



My Changing Body

Linda Picone

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Filled with practical, insightful facts about the changes girls go through before and after puberty, My Changing Body is the ultimate know-your-body manual for girls. Included here is everything girls need to know about their periods, breasts, and reproductive systems?-along with fascinating explanations for all those other mysterious physical and emotional changes that accompany growing up. Includes information on relationships, mood swings, body image, body hair, hygiene, pimples, cramps, and more.

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