



What's with My Body?: The Girls' Book of Answers to Growing Up, Looking Good, and Feeling Great

Selene Yeager

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All About Girls, Puberty, and Growing Up

What preteen or young teen hasn't wondered, "What is up with my body?" even if *YOU* haven't yet, you will, and that's okay. There really are answers, good answers, to all of your questions.

Inside is reassuring, accurate advice for all preteen and young teen girls (and their parents). Presented in a question and answer format, all of the toughest and most important stuff that's on your mind is right here from body changes, skin and hair care, and menstruation to moods, eating disorders, and sexuality. You'll discover what your body is all about and feel great about it and yourself.

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