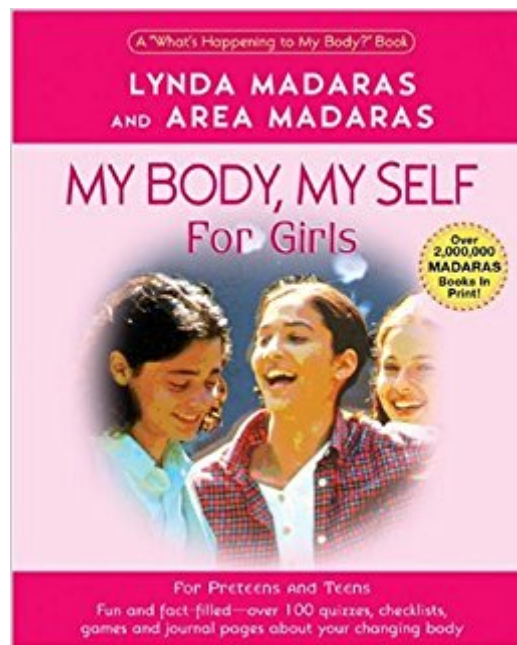




The book was found

My Body, My Self For Girls: The "What's Happening To My Body" Workbook



Synopsis

In the million-copy "What's Happening to My Body?" series for preteens and teens (9-15-year-olds), in a fresh new edition (previously sold over 90,000 copies), this fact-filled and fun-filled journal/activity book, expanded to include more letters from kids, answers the questions girls ages 9 to 15 have about growing up. Illustrated with drawings, cartoons, and photos, here are stories, quizzes, exercises, checklists, suggestions for diary keeping, illustrations, and lots of personal anecdotes about physical changes and the different feelings girls have about them. Everything affected by the onset of puberty is covered, from body image, diet, height, weight, pimples, and cramps, to first periods, first bras, and first impressions.

Book Information

Series: My Body, My Self

Paperback: 128 pages

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Shipping Weight: 7.7 ounces

Average Customer Review: 4.3 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,370,677 in Books (See Top 100 in Books) #63 in [Books > Teens >](#)

[Personal Health > Maturing](#)

Customer Reviews

Based on the bestselling classic, *What's Happening to My Body? Book for Girls*, this workbook uses quizzes, exercises, personal stories, checklists, and other activities to help girls learn about the changes that will take place in their bodies during puberty. *What's Happening to My Body?* explores these physical and emotional changes in greater detail, but the workbook/journal invites more participation, so that girls can really get involved in the sometimes bewildering, wonderful, and scary transformations that take place as they become women. Written in a peppy, fun style, with a strong emphasis on honest, straightforward discussions, the workbook covers such topics as menstruation, acne, pubic hair, breasts, growing pains, and sex, with such chapter headings as "The Big M," "The Female Sex Organs: An Owner's Manual," and "B.O. and Zits--Is Puberty the Pits?" The information provided and questions asked are smart, sensitive, and highly relevant to girls entering puberty.

Questionnaires ask girls to decide what they would do in different situations (Jan's breasts have started to develop, but she lives with her dad and is embarrassed to ask for a bra. What suggestions do you have for Jan?). Women, do you wish someone had given you some remotely useful information when you were an adolescent? Do a girl in your life a favor now and give her My Body, My Self for Girls. And don't worry, boys, there's a workbook for you, too: My Body, My Self for Boys. (Ages 8 to 15) --Emilie Coulter

Lynda Madaras is the author of eleven books on health, childcare, and parenting, including six from Newmarket Press. Lynda is recognized worldwide by librarians, educators, reviewers, parents, nurses, doctors--and the kids themselves--for her unique non-threatening style, excellent organization, and thorough coverage of the experience of adolescence. For more than twenty years a sex and health education teacher in Pasadena and Santa Monica, California, she has made numerous appearances on Oprah, Today, Good Morning America, CNN, PBS, and is quoted often in newspapers and magazines. She lectures frequently to teachers, librarians, nurses, health professionals, and parents' groups. She lives in California. Area Madaras was just 11 when she assisted her mother with the first "What's Happening to My Body?" book, published in 1983. (In fact, Lynda began to write it with her daughter, when she realized that there was no book available to give to Area at that time of her life.) In the ensuing years, Area has collaborated and continues to consult with her mother on other books in the Series. She has an M.A. in Communications from the Annenberg School at the University of Southern California, and has been working for six years in Internet site and content development. She lives in California.

Informative book to get a young girl. I wish I had had something to refer to when I was eleven or twelve and I thought I was so strange. Maybe I wouldn't have felt so stressed and left in the dark.

Very well written I thought for an adult but my pre-teen daughter was like, "Ehh" it's okay mom".

I've looked at a lot of books and this one is great,! Unlike other books, it does not mention anything about boys, yet. I feel like for a young girl, "Let's learn about your body first" boys later. Also unlike other books, it doesn't go overboard with talking about a first trip to the gynecologist or anything explicit about sex. I love the workbook idea so you can compare and see where your at and maybe have some fun at guessing what part of puberty is coming next and which order it is going to happen in. Whether, it's big feet, sweating, boobs, or periods. I bought this for my 1st daughter in

4th or 5th grade. She's 14 now and she still looks at it every now & then just to see where she's at. Now I'm getting a second one for my other daughter who will be entering 5th grade. I love it so much mostly because it's only about girls and puberty. I don't want to overburden my girls with more than what's going on with themselves at this age. Education about boys & girls starts in 6th grade. I've seen plenty of other books, mostly borrowed from the library, and some go too much into detail, including a few that actually talk about "the act" and exactly how boys & girls go together complete with drawings! THIS BOOK IS PERFECT!

I bought this workbook for my 11 year old daughter without the companion "What's Happening to my Body" book. The book is easy for a young girl to understand, interspersing medical terminology with common slang (nothing crude) and it is illustrated with lots of line drawings. It is extremely comprehensive, taking what is commonly taught about puberty one step further. My daughter really enjoyed the activities in the book, from researching the 'female' history of the family to developing new family traditions. Due to that particular exercise I now have to celebrate 'first periods' by taking my girls out to dinner when the moon is full !!! I highly recommend this book.

This is a fabulous first book for girls who are in puberty or are about to enter puberty. It is appropriate for young adolescents to know more about the physical, mental, social, and emotional changes of puberty. Although this book is excellent in explaining and normalizing body changes, it keeps the topics relevant to younger girls. I gave only the "workbook" to my daughter at age 11 and she actually read it. She seemed to really enjoy the quizzes and exercises. Highly recommended!

It is a great book for me it help me understand about us growing up to a women. It does not have hard words. It has easy words that girls 7to 13.

I bought this book when my daughter was nearing puberty. She used it as a reference guide for several years. It opened the doors to many discussions that would otherwise have been hard to get started. It also fostered open communication between us that continues today. Sometimes she still refers to it. As a conservative mother I approve of this book and would highly recommend it.

I am 11 years old and I am not afraid of Puberty anymore! Now that I have read this book and completed the activities, I feel great! All girls that feel puberty is a drag, or if you just need to know more, get this book! I give it a perfect 10 for outstanding achievement by the excellent author duo.

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