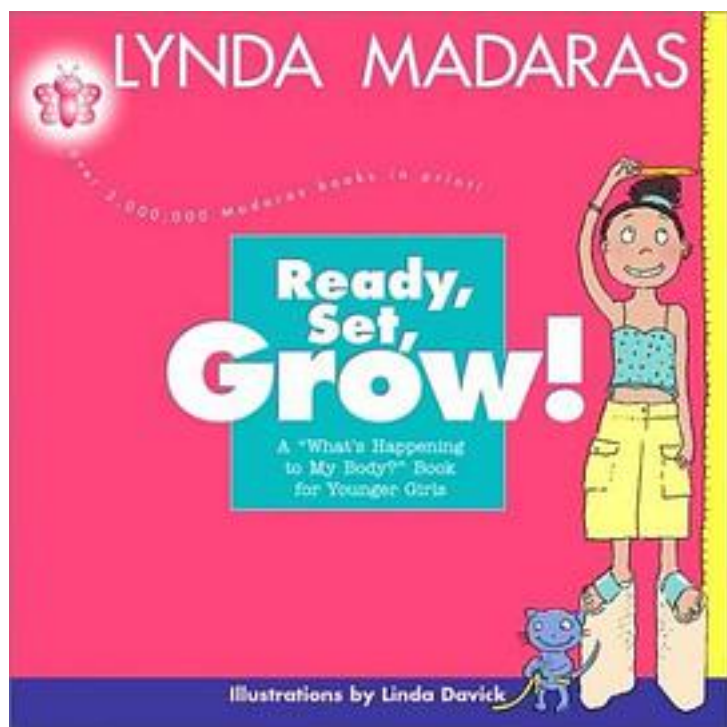


Ready, Set, Grow!



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著者:Lynda Madaras

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From the award-winning author of the best books on puberty — A completely new book written especially for 8-11-year-old girls, playfully illustrated in an appealing, two-color design.

Young girls before the onset of puberty have a curiosity about their soon-to-be changing bodies that needs addressing in a simpler way than for their older sisters. In the proven, trust-worthy, Madaras-friendly voice and style, this entirely new book now brings them the same kind of thoughtful, down-to-earth information—but at a reading and understanding level that's just right for them.

Responding throughout to real-life questions and observations from younger girls, Madaras explores the strange and thrilling changes that are happening, or about to happen, to them, including: the development of breasts, body hair, and body fat; the changes in their reproductive organs, both inside and out; their first period and all the complex feelings surrounding it; the unwelcome appearance of acne and new body odors; and, perhaps most important, how to respect and celebrate their unique bodies, even when the outside world is not always so accepting.

Lively cartoon drawings throughout make the book not only helpful, but fun to read, too.

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