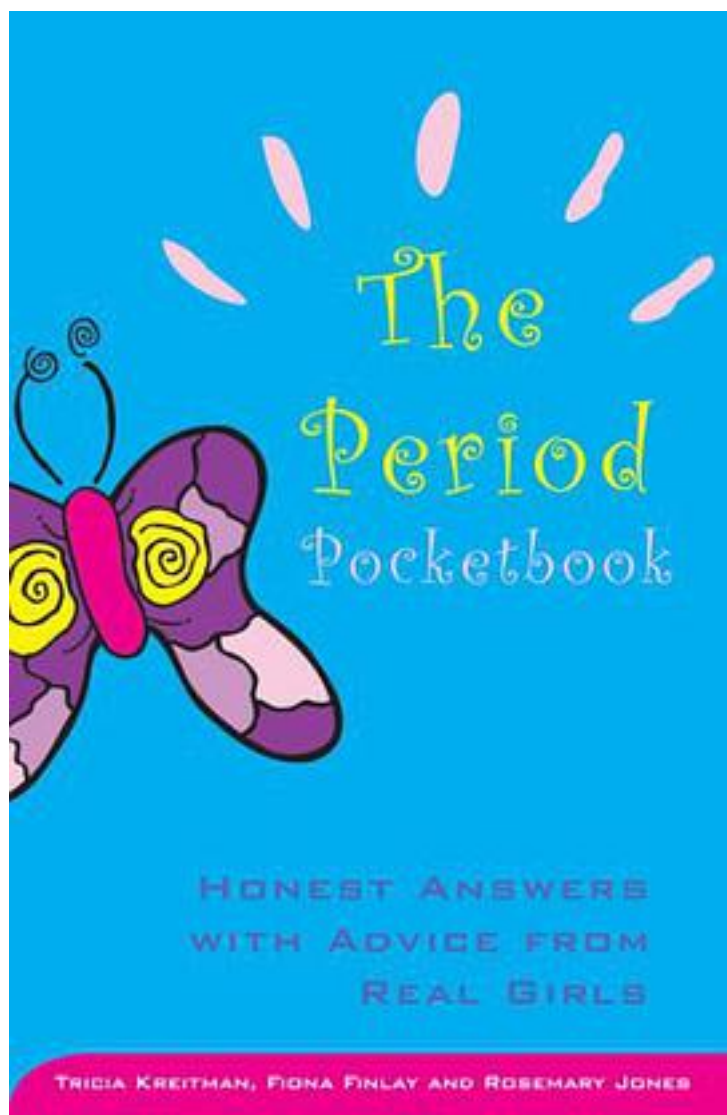


The Period Pocketbook



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出版者:Ulysses Press

出版时间:2006-09-11

装帧:Paperback

isbn:9781569755570

With girls maturing at increasingly younger ages, this book will be an invaluable guide for any girl eight and up. Focused entirely on menstruation issues, The Period Pocketbook is comprehensive yet friendly and unassuming. The authors cover basic physiology and address all those difficult-to-talk-about issues in a sympathetic and straightforward fashion.

From What will it really be like? to What products should I use and why? the authors answer real questions asked by real girls in a highly readable, accessible, and reassuring manner. The perfect antidote to the random misinformation girls piece together at school and from friends, this book dispels common myths while providing a broad overview of a woman's cycle. Each chapter includes a section with advice on how to cope with common period problems and there is even a description of what to expect if a doctor's visit proves necessary.

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