



The Girls Guide to Growing Up Great (Paperback)

By Sophie Elkan, Laura Chaisty, Maddy Podichetty

Bloomsbury Publishing PLC, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all). Also filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. From body basics like breasts, spots and periods, to the questions with no easy answers (Does how you look matter? Is a crush ever wrong? Is it bad to be jealous of your best friends - and does having a best friend even matter?) Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online. Written by women who just happen to be mums: word whizz Sophie Elkan, psychotherapist Laura Chaisty and GP Dr Maddy Podichetty.



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