

# Get Free The Period Book A Girls Guide To Growing Up

## The Period Book A Girls Guide To Growing Up

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The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

~~The Period Book: A Girl's Guide to Growing Up: Gravelle ...~~

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~~The Period Book: A Girl's Guide to Growing Up (But Need to ...~~

Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives. • Author: Karen Gravelle, Jennifer Gravelle • ISBN:9781619636620 • Format:Paperback • Publication Date:2017-06-20

~~The Period Book : A Girl's Guide to Growing Up (Paperback ...~~

The book outlines the changes which young girls go through as they mature, and discusses the various things which happen, both mentally and physically, as they approach their first period. It covers the options young women have to deal with their period, what to do if there are problems, how to talk to your parents about it (and listen to them try to talk to you!), and has a list of "What If..."

~~The Period Book : Everything You Don't Want to Ask (But ...~~

The Period Book: A Girl's Guide to Growing Up (written by Karen Gravelle, illustrated by Debbie Palen) is a ~130 page book aimed at providing preteen girls with straightforward answers to questions about puberty. And it

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does so exceedingly well.

~~The Period Book: A Girl's Guide to Growing Up by Karen ...~~

THE PERIOD BOOK: A GIRL'S GUIDE TO GROWING UP details the physical and emotional ways girls change as they go through puberty, particularly when they get their period. It starts by describing obvious external changes, such as growing breasts and pubic hair, and then explains internal changes.

~~The Period Book: A Girl's Guide to Growing Up Book Review~~

Period.: A Girl's Guide Paperback - Illustrated, January 1, 2001. by JoAnn Loulan (Author), Bonnie Worthen (Author), Marcia Quackenbush (Illustrator), Chris Wold Dyrud (Introduction) & 1 more. 4.5 out of 5 stars 149 ratings. See all formats and editions. Hide other formats and editions.

~~Period.: A Girl's Guide: Loulan, JoAnn, Worthen, Bonnie ...~~

6 First Period Books You Need to Read With Your Daughter 1. The Period Book: A Girl's Guide to Growing Up via Amazon Buy it from Amazon Times have changed since I was a kid, and... 2. The Care and Keeping of You: The Body Book for Younger Girls via Amazon Buy it from Amazon Revised since I read ...

~~6 First Period Books You Need to Read With Your Daughter ...~~

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This new revised edition of the bestselling book, *The Period Book*, covers everything that young girls need to know about puberty, menstruation, and changing bodies. Taking into account the experiences of preteen girls, author Karen Gravelle takes a straightforward and friendly approach and provides answers to all the questions about periods and also advises girls on how to talk to their parents about it.

~~11 Best Puberty Books For Girls Of 2020 — MomJunction~~

THE PERIOD BOOK by Karen Gravelle This book for older girls tells them everything they need to know about puberty, periods and growing up. It was updated mid... THE PERIOD BOOK by Karen Gravelle...

~~THE PERIOD BOOK by Karen Gravelle — YouTube~~  
Give this straightforward treatment of menstruation a warm welcome. With the help of her 15-year old niece, Karen Gravelle hits her mark with this accessible guide for adolescent girls. In a friendly, chatty manner, Gravelle explains the external and internal changes of puberty.

~~Karen Gravelle — The Period Book: A Girl's Guide to Growing Up~~

It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-

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life examples. It's the perfect first book about periods for girls from primary school age and upwards, with a reassuring tone and fun, quirky illustrations.

~~Girls Only! All About Periods and Growing Up Stuff: Amazon ...~~

periods? This book will help you understand your body and bust the myths and rumours around periods. This book is for adolescent girls and young women. It will give you answers to some of the questions that you may have about having periods. It will help you understand what it means for a girl to start having periods and how to practice

~~ABCs girl of being a~~

Breezy, contemporary, and fun, The Period Book is fast becoming a classic for every girl on her way to puberty. The book delves into all the issues girls wonder about, and even has a section to help get them through the dreaded parent/child sex talk. Another section answers "what if" questions, helping ease girls' anxieties about a number of potentially embarrassing situations, without having to ask.

~~Helpful Resources for Girls Going Through Puberty~~

Naama Bloom is author of "The Guide, Period." And so she decided to write a book, "The Guide, Period." out this week in the United States, aimed at girls who are close to or

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are going through...

~~The puberty book that's about more than a girl's period~~

Discover the root cause of your symptoms + powerful steps to balance your hormones naturally in my FREE Fix Your Period Quickstart Kit 7 Day E-Course!

~~Nicole Jardim — Women's Health + Functional Nutrition Coach~~

The Period Book: A Girl's Guide to Growing Up (Paperback) Published June 20th 2017 by Bloomsbury USA Childrens Paperback, 176 pages  
Author(s): Karen Gravelle, Jennifer Gravelle, Debbie Palen (Illustrations) ISBN: 161963662X (ISBN13 ...

~~Editions of The Period Book: A Girl's Guide to Growing Up ...~~

A good book for girls starts by being a good book, period. Books with rich language, evocative storytelling, that touch upon universal themes of courage or friendship or honesty or love are suitable for readers of both sexes. That's why just as many girls loved the Harry Potter series, for instance, as boys.

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