



## Girls' Guide to Caring for Your Body: Helpful Advice for Growing Up

By Isabel B. Lluch, Emily Lluch

WS Publishing. Paperback. Book Condition: new. BRAND NEW, Girls' Guide to Caring for Your Body: Helpful Advice for Growing Up, Isabel B. Lluch, Emily Lluch, Adolescence can be a tricky time. From periods and puberty to health and hygiene to fashion and beauty, every preteen girl has questions she'd like answered. The problem is, many girls feel too embarrassed to speak up, or aren't sure who to ask. Girls' Guide to Caring for Your Body offers honest, helpful advice from authors Isabel and Emily Lluch, with the help of several noted health care, nutrition, fitness, dental, and beauty experts. Girls' Guide provides information addressing every important topic in a preteen girl's life, including acne, body hygiene, bras, periods, healthy eating, sports and fitness, and even stress, depression, and eating disorders. Girls will appreciate the expert advice, offered in a straightforward, easy-to-understand manner, and will happily identify with the young authors and their peers. Additionally, each chapter is filled with tips and fun facts that can be used on a daily basis.



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