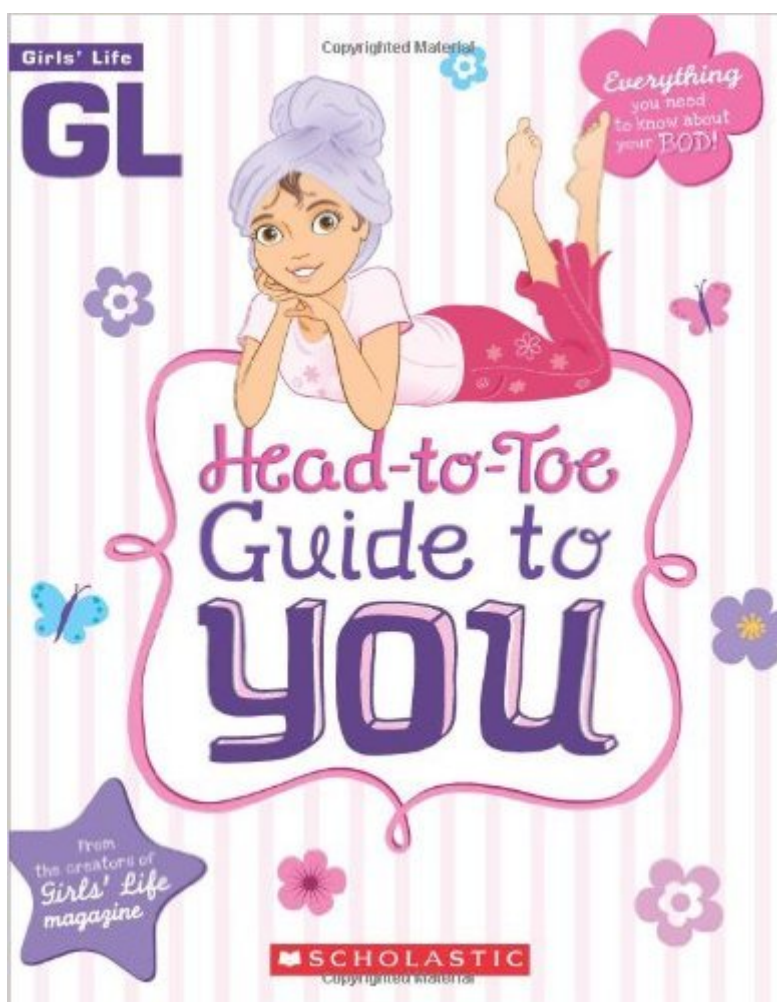


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# Girls' Life Head-to-Toe Guide To You



## Synopsis

The essential guide to growing up for girls! A must-have book for any girl that's looking for straightforward advice about her body. Covering everything from periods, deodorant, bad breath, smelly feet, hair, braces, acne, and bras, to eating right, staying fit, and everything in between, *Girls' Life* delivers the body basics. Complete with tips, quizzes, Q&A's, embarrassing moments, how-to's, mythbusters, letters, and lots more to help every girl look and feel fabulous inside and out!

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #38,828 in Books (See Top 100 in Books) #8 in [Books > Teens > Personal Health > Body, Mind & Spirit](#) #9 in [Books > Teens > Personal Health > Maturing](#) #61 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#)

## Customer Reviews

It was time for the "body changes" talk with my preteen daughter. I originally found this book at our library, and checked it out along with several others. I sat my daughter down in front of the books, and let her flip through them while I talked about the things that were happening or about to happen to her. This book was a great tool for us! After our talk, my daughter and I went to the mall to find new school clothes because she just had a growth spurt and nothing fit. She took the book with us in the car and read it the whole way there! Sometimes she would read parts out loud to me, saying, "Mom, listen to this..." The book is written like a collection of letters from preteen girls asking about different changes and concerns, with practical, easy-to-understand answers following each question. Several times my daughter said: "Mom, this one sounds like me..." We loved the book so much that I ordered it off after returning our first copy to the library! Months later my daughter still reads it! I think it has really helped with her self-esteem, reassuring her that the things she sees happening to her are all normal! And I think it will grow with her, as it deals with everything from

braces to shaving, and buying tampons to bra shopping. The book doesn't discuss sex, and there is hardly a mention of boys. This book deals strictly with the girl's body and how to handle situations that may be difficult or embarrassing during this transitional period. I think it is GREAT for any preteen girl.

I bought this as a companion to the AG "Care and Keeping" book. This book has some of the same information as that classic text, but it also has more information that isn't included there. The editors of Girls' Life Magazine have included the following chapters: 1. Body Basics: growth spurts, signs you are changing, mood swings, late blooming 2. Everything About Periods, Period: all the facts, product choice and usage, moods, infections 3. The ABC's and D's of Your Breasts: how to fit a bra properly, are my breasts normal?, 4. Taking Care of the Skin You're In: pimples, sunscreen, sunsmarts, product use 5. Mouth Matters: halitosis, braces, dental care and hygiene, 6. More Totally Typical Body Changes: odors, dandruff, lice, body hair, glasses to contacts, styes, allergies 7. Eating Right, Getting Fit: am I fat?, get fit fast, healthy eating, stress less 8. Nobody's Perfect: love your body, quick guide to eating disorders, collect compliments, body confidence quiz, 9. Healthy Mind, Healthy You: tune into your attitude, break outta the blues, seriously sad or depressed, decisions/decisions This is a nice complement to the AG book as it covers other topics that aren't included there. Well worth buying!

I bought this for my 10 year old daughter to take the edge off the puberty talk that I knew had to come soon, as I didn't have a mother or mother figure at her age to talk about it with, I had no idea what to say, I read the book myself first to make sure I was ok with it.. there is no "sex" talk which is what I feared I would find, just the important stuff they need to know at this age. she read it front to back, and is thrilled with her knowledge. and she even told me she's glad I got her a book instead of trying to tell her all that cause it's personal and she would rather read it than have an embarrassing talk with her mom about it. Money well spent.

I ordered this book for my 7 yr old. I know she is a bit young, but since my oldest son is getting to this stage, and asking a ton of questions in front of her, I figured that it's never too early to introduce children to basic facts of life. This book is fun and easy to understand, even for a 7 yr old. It has definitely opened a line of communication between my daughter and I that I hope will last into her teenage years and beyond. She likes that it's fun and light hearted, I like that it makes the whole process of getting older seem like nothing to be scared of, and that it addresses other issues that

my daughter can even use now. Such as how to handle bullies and peer pressure. If you're looking for a book to help break the ice between you and your daughter about an often awkward subject, this is a great one to buy.

So far, my eleven year old is enjoying the book. Although she already knows the essentials, this book has helped to answer some questions she was afraid to ask and has sparked conversations. I'll be buying another one for my 9 year old.

I bought this book on a friend's recommendation. I have read it before giving it to my daughter who is 10. I like how they have short paragraphs and it is geared towards preteen and the information in the book is relevant.

I bought this for my 12 year old granddaughter this Christmas. She reminds us constantly she is a "preteen". This book answers many questions girls this age may have about their personal care and relationships with friends. I feel it formulates questions a girl this age may not be able to put into words herself and ask an adult. Very well received.

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