

What's Happening to My Body? Book for Girls: Revised Edition

By Lynda Madaras, Area Madaras, Simon Sullivan

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Everything preteen and teen girls need to know about their changing bodies and feelings Written by an experienced educator and her daughter in a reassuring and down-to-earth style, *The "What's Happening to My Body?" Book for Girls* gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control.

Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Selected as a Best Book for Young Adults by the American Library Association.

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Editorial Review

Amazon.com Review
"I kept wanting it to happen. When it did I remember thinking, 'It's about time.'"

"I was worried at first. Then it really wasn't so bad after all."

"I remember my brothers weren't allowed to hit me in the chest anymore. I was kind of pleased about that."

What mysterious condition are these now grown-up girls talking about? Ah, yes, puberty! With scads of personal stories and an abundance of useful, detailed information about girls' changing bodies and feelings, author Lynda Madaras and her daughter Area Madaras have expanded their guide for girls on the verge of change. First published in 1983, the bestselling classic has been revised and updated several times over the years to keep up with ever evolving facts and wisdom about puberty in girls. In this third edition, the authors continue their straight talk on the menstrual cycle, reproductive organs, breasts, emotional changes, puberty in boys, body hair, pimples, masturbation, and all the other fun, scary, and interesting things that go along with growing up. Filled with anecdotes, illustrations, diagrams, and honest, sensitive, nonjudgmental information for the young girl, the revised edition also addresses the new scientific facts about when a girl actually begins puberty (earlier than previously thought), advice on "female athletic syndrome," eating disorders, unwanted attention because of early development, and information on eating right, exercise, AIDS, STDs, birth control, and so much more. A welcome, reassuring book for parents and daughters, designed with the understanding that some girls and parents will want to read it together, and some will want to read it on their own; without a doubt, though, *all* will benefit. Got boys? Don't miss *What's Happening to My Body? Book for Boys*. (Ages 8 to 15) --*Emilie Coulter*

From Booklist
Reviewed with Lynda Madaras' *The What's Happening to My Body? Book for Boys*.

Gr. 4-8. In these new editions of her classic guides, Madaras has made significant changes to reflect the younger age at which children are now reaching puberty. She has cut out the chapters about sex, birth control, pregnancy, and STDs, although she includes a rich appendix of resources on these topics. Mostly, the books concentrate on the physical changes that occur during puberty, with new chapters designed to serve as "owners manuals": in *Boys*, there's new information about shaving and answers to questions about penis size; in *Girls*, there's an expanded "all about having periods" section. As in the previous editions, the tone is matter-of-fact and comforting, and Madaras has further simplified the sentence structure and word choices, in some cases perhaps too much; the section on sexual harassment, for example, is somewhat vague and slightly unfocused. Overall, however, these are excellent new editions that make fine resources even more accessible to a young audience. Sure to encourage dialogue between kids and parents. *Gillian Engberg*
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Review

Lynda Madaras takes seriously the questions asked over the years in her sex education class and gives accurate, detailed answers.&#8212*School Library Journal*

These gender-specific titles take a modern and easygoing approach to puberty....explains everything in a readable and reassuring style.&#8212*VOYA: Voice of Youth Advocates*

A valuable guide for any parent who is looking for a positive way to approach the subject of sexuality.&#8212*Charlotte News Observer*

I already feel much more confident about answering my 7-year-old daughter's questions as they arise in the years to come.&#8212Excerpt from a letter to Lynda Madaras

Your book is just fantastic; absolutely excellent...I couldn't believe you, a mom, knew this stuff.&#8212Excerpt from a fan letter to Lynda Madaras

Users Review

From reader reviews:

Marco Roy:

The experience that you get from What's Happening to My Body? Book for Girls: Revised Edition will be the more deep you looking the information that hide within the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but What's Happening to My Body? Book for Girls: Revised Edition giving you enjoyment feeling of reading. The writer conveys their point in particular way that can be understood through anyone who read that because the author of this e-book is well-known enough. This specific book also makes your own personal vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We recommend you for having that What's Happening to My Body? Book for Girls: Revised Edition instantly.

Henry McMahon:

The particular book What's Happening to My Body? Book for Girls: Revised Edition has a lot of information on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. The writer makes some research before write this book. That book very easy to read you can get the point easily after reading this book.

Suzanne Mitchell:

This What's Happening to My Body? Book for Girls: Revised Edition is great e-book for you because the content which is full of information for you who always deal with world and also have to make decision every minute. This specific book reveal it info accurately using great manage word or we can point out no rambling sentences inside. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but tough core information with beautiful delivering sentences. Having What's Happening to My Body? Book for Girls: Revised Edition in your hand like obtaining the world in your arm, details in it is not ridiculous one particular. We can say that no reserve that offer you world within ten or fifteen second right but this guide already do that. So , it is good reading book. Hey Mr. and Mrs. occupied do you still doubt which?

Corey Johnson:

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