



## The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body

*Walt Larimore , Amaryllis Sánchez Wohlever*

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Because Growing Up Shouldn't Be a Mystery

Girls' bodies do the craziest things! They can kick soccer balls and spin perfect pirouettes, or they can trip up the stairs and break out in zits. As you grow and your body goes through some pretty wild changes, you might be wondering things like: Why don't I look like her? I have to use that? Is this normal? And, Why is this happening to me?

The Ultimate Body Book for Girls answers all those awkward questions you'd rather not ask your mom---at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you---no matter how weird growing up can be.

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**Brindi Michele says**

didn't read through the whole thing word-for-word, skimmed it mostly, but it seems to be decent. references the Bible and scriptures, so great for the Christian family.

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