



## Your Body: The Girls' Guide (Girls' Guides)

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Adolescence can be an exciting time, but let's face it: it's also confusing-when our bodies are doing weird things and our minds are just as difficult to figure out. So what's a girl to do? Relax, *Your Body: The Girl's Guide* has got you covered-from head to toe-with cool tips on taking care of yourself, loving your body, and feeling great! This fabulous guide for preteen girls talks candidly about:

- \* Your body: keeping it fit, looking your best, avoiding bad habits, dealing with embarrassing problems, and maintaining a healthy body-image
- \* Your mind: fighting stress, upping your confidence, practicing good sleep habits, and getting help when you need it
- \* Food and dieting: eating right, avoiding the dieting trap, and evading eating disorders
- \* Sports and fitness: how exercise benefits you, finding a sport you love, and why competition (even with boys) is healthy
- \* And much, much more!

With helpful quizzes, enlightening discussion, and invaluable tips and exercises, *Your Body: The Girl's Guide* is a must-have for every teen looking to survive and thrive through adolescence!

## WHAT'S UP WITH...

- Your period-is it as annoying as everyone says?
- Your friends-what do you do when they're bad for your health?
- Diets-do any of them work?
- What else can you do to stay in shape?
- Your skin-how can you give zits the slip and keep a healthy glow?
- Depression-how do you know if you have it and what can you do about it?

FIND OUT IN *Your Body: The Girl's Guide*

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A lot of people always spent their free time to vacation or go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day every day to reading a book. The book *Your Body: The Girls' Guide (Girls' Guides)* it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy typically the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book has high quality.

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