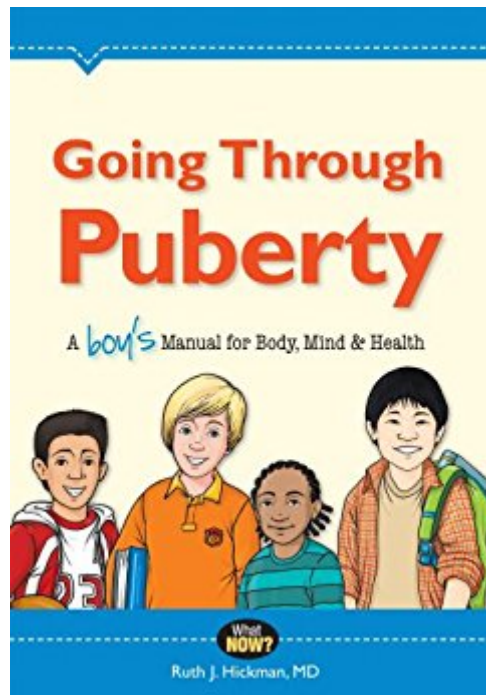


The book was found

Going Through Puberty: A Boy's Manual For Body, Mind, And Health (What Now?)



Synopsis

Puberty is an exciting yet challenging time for every boy. Respecting the universal yet unique experience of puberty for every boy, this book shares important medical facts related to puberty and offers trusted advice about your most pressing questions about growing up. No more wondering â œis THAT normal?â • From personal hygiene to healthy eating to mood swings, this must-have guide book will help you understand all of the changes happening to your body, mind, health, and emotions.

Book Information

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Maturing #134 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing

#494 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse

Customer Reviews

Offers just enough to be informative without introducing ideas that may not be age appropriate for a younger boy. I looked through many books on puberty in search of one that explained changes in the body and emotions/feeling, but not so much in depth sex education. This is a great starting point for conversations with enough information to let boys know what is normal and why it's happening. There are also sections on the social aspects of life for the age. My son seemed embarrassed when I gave it to him, but thanked me a few days later and said he liked the book. :) We've had several conversations about different subjects in the book, so I think it's done what I hoped for.

Going Through Puberty by Ruth Hickman, both the edition for girls, and the one for boys is very well written. Easy to read, and comprehend, these books are full of important information for children approaching, or currently experiencing the changes of puberty. In addition to answering many of the common questions kids have, Dr H also offers simple, but valuable suggestions on living a healthy life. Emotional issues are also addressed. These books are a great tool for parents, librarians, pediatricians, therapists, anyone that interacts with kids, and of course for the kids themselves. Hopefully we will see other books of this type from Dr H! Regan Plecher

a great young boys book especially for the early puberty stage

good book for boys

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