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The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and

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new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

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The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations

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from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

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Complete with  
charming and  
informative interior  
illustrations, The  
Period Book is a  
trustworthy friend that can  
help girls feel  
confident about this  
new phase of their  
lives. □ Author: Karen  
Gravelle, Jennifer  
Gravelle □

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ISBN:9781619636620

Format:Paperback  
Publication

Date:2017-06-20

~~The Period Book : A  
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The book outlines the changes which young girls go through as they mature, and discusses the various

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things which happen, both mentally and physically, as they approach their first period. It covers the options young women have to deal with their period, what to do if there are problems, how to talk to your parents about it (and listen to them try to talk to you!), and has a list of "What If..."

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Everything You Don't  
Want to Ask (But ...~~

The Period Book: A  
Girl's Guide to  
Growing Up (written  
by Karen Gravelle,  
illustrated by Debbie  
Palen) is a ~130 page  
book aimed at  
providing preteen girls  
with straightforward  
answers to questions

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Girls Guide To  
Growing Up  
about puberty. And it  
does so exceedingly  
well.

~~The Period Book: A  
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THE PERIOD BOOK:  
A GIRL'S GUIDE TO  
GROWING UP details  
the physical and  
emotional ways girls  
change as they go

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through puberty, particularly when they get their period. It starts by describing obvious external changes, such as growing breasts and pubic hair, and then explains internal changes.

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Girl's Guide to  
Growing Up Book~~



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~~Review~~

Period.: A Girl's Guide  
Paperback □

Illustrated, January 1,  
2001. by JoAnn

Loulan (Author),  
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(Author), Marcia  
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(Introduction) & 1  
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This new revised

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edition of the bestselling book, *The Period Book*, covers everything that young girls need to know about puberty, menstruation, and changing bodies.

Taking into account the experiences of preteen girls, author Karen Gravelle takes a straightforward and friendly approach and

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Girls Guide To  
Growing Up  
provides answers to  
all the questions  
about periods and  
also advises girls on  
how to talk to their  
parents about it.

~~11 Best Puberty  
Books For Girls Of  
2020 - Mom Junction~~  
THE PERIOD BOOK  
by Karen Gravelle  
This book for older  
girls tells them

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Girls Guide To  
Growing Up  
everything they need  
to know about  
puberty, periods and  
growing up. It was  
updated mid... THE  
PERIOD BOOK by  
Karen Gravelle...

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Give this  
straightforward  
treatment of

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menstruation a warm welcome. With the help of her 15-year old niece, Karen Gravelle hits her mark with this accessible guide for adolescent girls. In a friendly, chatty manner, Gravelle explains the external and internal changes of puberty.

~~Karen Gravelle - The~~

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It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls



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Girls Only! All About  
Growing Up  
from primary school  
age and upwards,  
with a reassuring tone  
and fun, quirky  
illustrations.

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Periods and Growing  
Up Stuff: Amazon ...~~  
periods? This book  
will help you  
understand your body  
and bust the myths  
and rumours around

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periods. This book is for adolescent girls and young women. It will give you answers to some of the questions that you may have about having periods. It will help you understand what it means for a girl to start having periods and how to practice

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~~ABCs girl of being a~~

Breezy,  
contemporary, and  
fun, The Period Book  
is fast becoming a  
classic for every girl  
on her way to puberty.  
The book delves into  
all the issues girls  
wonder about, and  
even has a section to  
help get them through  
the dreaded  
parent/child sex talk.

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Another section  
answers "what if"  
questions, helping  
ease girls' anxieties  
about a number of  
potentially  
embarrassing  
situations, without  
having to ask.

~~Helpful Resources for  
Girls Going Through  
Puberty~~

Naama Bloom is

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author of "The Guide,  
Period." And so she  
decided to write a  
book, "The Guide,  
Period." out this week  
in the United States,  
aimed at girls who are  
close to or are going  
through...

~~The puberty book  
that's about more than  
a girl's period~~

Discover the root

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cause of your  
symptoms + powerful  
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hormones naturally in  
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7 Day E-Course!

~~Nicole Jardim -  
Women's Health +  
Functional Nutrition  
Coach~~

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*Page 30/33*

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Growing Up  
(Paperback)  
Published June 20th  
2017 by Bloomsbury  
USA Childrens  
Paperback, 176  
pages Author(s):  
Karen Gravelle,  
Jennifer Gravelle,  
Debbie Palen  
(Illustrations) ISBN:  
161963662X (ISBN13  
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~~Editions of The Period  
Book: A Girl's Guide  
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A good book for girls starts by being a good book, period. Books with rich language, evocative storytelling, that touch upon universal themes of courage or friendship or honesty or love are suitable for readers of both sexes. That's



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why just as many girls loved the Harry Potter series, for instance, as boys.

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