



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

Lynda Madaras, Area Madaras, Simon Sullivan

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The "What's Happening to My Body?" Book for Boys

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 Boys* gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, 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 boys ages 10 and up.

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