



Everything You Ever Wanted to Ask About Periods

Rosemary Jones, Tricia Kreitman, Tricia Kreitman, Fiona Finlay, Rosemary Jones

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Growing up may be normal but doesn't mean it's easy!

Do you have a million questions about periods? Or can't you even bear to think about them? Talking about this subject can be really difficult - so here's a guide based on *real* questions, that thousands of *real* girls have already asked. Girls are maturing at a younger age and this book will be an invaluable guide for anyone from eight to eighteen. It covers:

- How do you know when your periods are about to start?
- What will it really be like?
- Who do you tell?
- What do you use?
- Are you different once your periods start?
- Common questions and problems, and much more.

The authors have been listening to what girls really want to know for many years. Dr Fiona Finlay and Dr Rosemary Jones are both consultant paediatricians, and Tricia Kreitman is an experienced advice columnist. This eminently qualified trio have written a highly readable, accessible and reassuring guide, which has received the approval of the Family Planning Association.

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Martin Herrin:

Information is provisions for individuals to get better life, information nowadays can get by anyone with everywhere. The information can be a expertise or any news even restricted. What people must be consider when those information which is within the former life are challenging to be find than now is taking seriously which one is suitable to believe or which one typically the resource are convinced. If you receive the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen in you if you take Everything You Ever Wanted to Ask About Periods as the daily resource information.

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Jesse Eriksen:

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