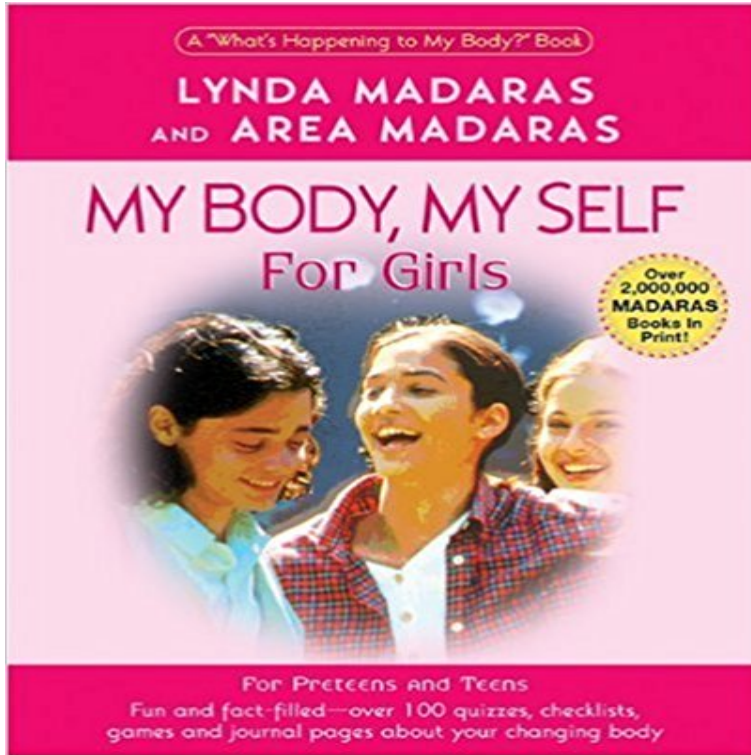


My Body, My Self for Girls: The Whats Happening to My Body Workbook



In the million-copy Whats Happening to My Body? series for preteens and teens (9-15-year-olds), in a fresh new edition (previously sold over 90,000 copies), this fact-filled and fun-filled journal/activity book, expanded to include more letters from kids, answers the questions girls ages 9 to 15 have about growing up. Illustrated with drawings, cartoons, and photos, here are stories, quizzes, exercises, checklists, suggestions for diary keeping, illustrations, and lots of personal anecdotes about physical changes and the different feelings girls have about them. Everything affected by the onset of puberty is covered, from body image, diet, height, weight, pimples, and cramps, to first periods, first bras, and first impressions.

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