



Girlology: There's Something New About You: A Girl's Guide to Growing Up

By Melisa Holmes MD, Trish Hutchison MD

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Girlology: There's Something New About You: A Girl's Guide to Growing Up By Melisa Holmes MD, Trish Hutchison MD

You're at that age when there is a lot going on. First bras?hair growing on your legs?changing friendships?and periods. Some of it makes you feel embarrassed, some of it makes you want to scream, and some if it makes you want to roll your eyes and crawl under a rock. Welcome to puberty.Right now you can't imagine how any of this could be fun. But read this book and you can face the weirdness, get over the gross factor, and head into puberty with confidence and knowledge. It's definitely not a boring lecture like you hear in school. And it's not like an embarrassing little chat with your parents. It was written by two female doctors who are moms (and they're pretty funny). In addition to the advice, there are great stories about a cast of characters who are going through the same things you may be: Claire thinks she'll never develop; Lily is embarrassed to shop for her first bra; Riley is mortified when she gets her period at her dad's house; Brianna doesn't know what to say when the boys tease her; and Tess is worried about whether or not she can use a tampon so she can swim in her swim meet. There's Something New About You will help you make sense of a very confusing time!

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