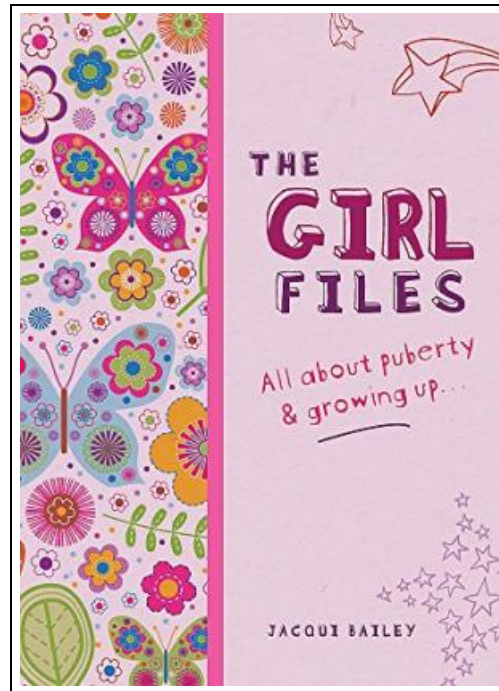


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THE GIRL FILES: ALL ABOUT PUBERTY GROWING UP (PAPERBACK)



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Hachette Children s Group, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. A totally modern, easy-to-read, upbeat guide to girls growing up issues, now updated to include online and smartphone safety. The Girl Files offers age-appropriate advice, practical tips and support to help girls navigate the physical and mental rollercoaster of puberty. From periods and body hair to bras, boys, sexting and cyber bullying, The Girl Files chatty, big-sisterly style is a fantastic, feel-good reference source for tweens and young teens, and places a strong emphasis on the importance of self esteem, and maintaining a positive attitude. Chapters:P is for puppies, pink and. pubertyFrom hips to zitsThe news on boobsPeriods, pads and PMSAll change!Mates and datesStaying safeGet connected!The Boy Files by Alex Hooper-Hodson is the partner title to The Girl Files, offering puberty advice and support for boys. Alex has also written the popular teen self-help resources: 52 Teen Girl Problems and How to Solve Them and 52 Teen Boy Problems and How to Solve Them.



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