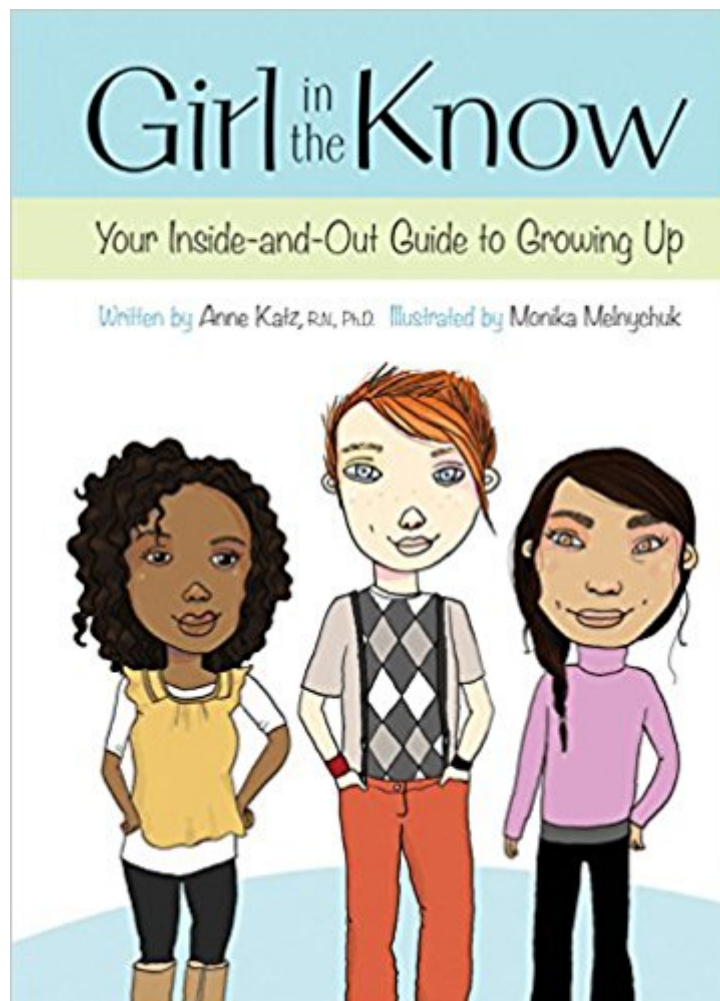




The book was found

# Girl In The Know: Your Inside-and-Out Guide To Growing Up



## Synopsis

With a relaxed, conversational approach, *Girl in the Know* is a straight-talking little manual packed with everything a girl should know about the many changes she can expect in puberty and how to make her way through it all as smoothly as possible. But there's way more than just the body basics --- the book is divided into three main sections (Your Body, Your Mind and Taking Care) where girls will find advice on their sexuality, mood swings, crushes, health and much more.

## Book Information

Hardcover: 112 pages

Publisher: Kids Can Press (March 1, 2010)

Language: English

ISBN-10: 1554533031

ISBN-13: 978-1554533039

Product Dimensions: 5.8 x 0.5 x 8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,950,275 in Books (See Top 100 in Books) #81 in Books > Teens >

Personal Health > Maturing #234 in Books > Teens > Social Issues > Being a Teen

## Customer Reviews

Grade 4-7 "This well-done primer will help guide girls through the physical and emotional changes that come with growing up. Using straightforward language and a no-nonsense approach, Katz's text explains puberty in a relaxed tone. The comprehensive section on nutrition, or "fueling up," is particularly good. Melnychuk's wonderful multicultural illustrations stand out as well. They are beautifully global and strike a great balance between cartoon and realistic art. These renderings combined with Katz's reassuring tone make this basic guide one of the better additions to the genre." Elaine Black, Georgia Public Library Service, Atlanta (c) Copyright 2010. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

... warm, straightforward, useful advice on a broad range of topics ... •Booklist This well-done primer will help guide girls through the physical and emotional changes that come with growing up. Using straightforward language and a no-nonsense approach, Katz's text explains puberty in a relaxed tone. •School Library Journal

My 10 year old niece checked this book out of the library and didn't want to return it! I surprised her with her own copy. Her parents agree that this book contains useful information and will be used for years to come. Every girl should own this!

This book presents itself as informational and does a great job of covering most of the basics of puberty and adolescence in a matter-of-fact way. It is a secular viewpoint, so a word of caution: In the Your Body section same-sex attraction and masturbation are touched upon and may not reflect all parental views. Though these are very minor parts of one section of the book, some parents may want a heads up. What's missing? While periods and symptoms are discussed, nothing whatsoever is said about the signs of fertility which a girl may also wonder about and want information on as she experiences them. The section on Your Mind is particularly good and hits on the topics of friends and bullying as well as balancing your life with rest and relaxation, creating a well-balanced life. The Section on Taking Care does a great job covering nutrition, exercise and hygiene. All-in-all this a great book that would make an excellent part of a kit/basket that some mothers like to make up for their daughters welcoming them to womanhood. (Kits can include hygiene products, pampering items like lotion and body scrub and CHOCOLATE!)

"Girl in the Know" is a great handbook for pre-and post-pubescent girls, designed to help adolescents navigate their way through the tricky world of growing up with grace and style. "Girl in the Know" has three main sections, including Your Body, Your Mind, and Taking Care, each packed with great practical tips for coping with emerging maturity, sexuality, changeable moods, self health practices, and more. Some interesting areas of discussion include, breasts and bra sizes, piercings and tattooings or body art, menstruation, healthy nutrition, bullying, and sound mental health practices. There are pages on moodswings, crushes, cliques, relaxing and sleeping, and getting along with your family. "Girl in the Know" is also filled with appealing, multi-racial pictures of all sorts of different girls, all going through growing up. "Girl in the Know" is a great resource for parents, teachers, libraries, health care professionals, and girls. Pick up a copy for the young girl in your life. She will thank you.

[Download to continue reading...](#)

Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms)

Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Girl in the Know: Your Inside-and-Out Guide to Growing Up Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Rose to the Occasion: An Easy-Growing Guide to Rose Gardening, Roses, Growing Roses, Antique Roses, Old Garden Roses, Gardening Tips, Organic Roses, Also ... (Easy-Growing Gardening Series Book 2) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible Book 1) A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (Smart Girl's Guide To...) Adventure Guide Inside Passage & Coastal Alaska (Adventure Guide to the Inside Passage & Coastal Alaska) (Adventure Guide to Coastal Alaska & the Inside Passage) Growing Marijuana: Box Set: Growing Marijuana for Beginners & Advanced Marijuana Growing Techniques Girl to Girl: Honest Talk About Growing Up and Your Changing Body A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (Smart Girl's Guides) A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (American Girl) The Complete Guide to Growing Vegetables, Flowers, Fruits, and Herbs from Containers: Everything You Need to Know Explained Simply (Back to Basics Growing) The Bible Study Guide: Know Your Bible Inside and Out Inside Administrative Law: What Matters and Why (Inside Series) (Inside (Wolters Kluwer)) Of Russia: A Year Inside (Of China: A Year Inside, Of Iraq: A Year Inside Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)