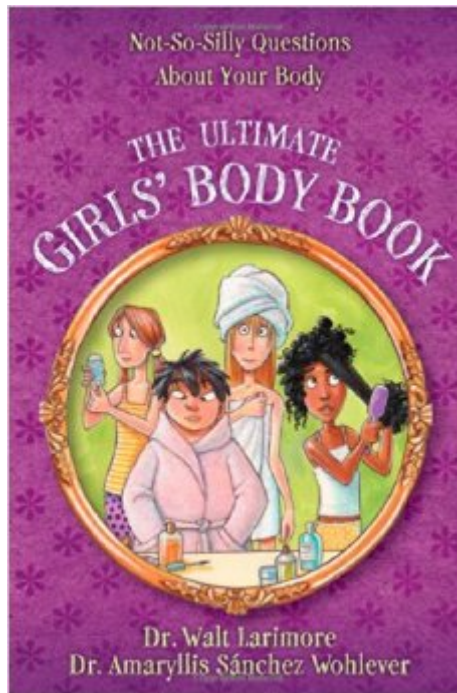


The book was found

# The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body



## Synopsis

Because Growing Up Shouldn't Be a Mystery Girls' bodies do the craziest things! They can kick soccer balls and spin perfect pirouettes, or they can trip up the stairs and break out in zits. As you grow and your body goes through some pretty wild changes, you might be wondering things like: Why don't I look like her? I have to use that? Is this normal? And, Why is this happening to me? The Ultimate Body Book for Girls answers all those awkward questions you'd rather not ask your mom—at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you—no matter how weird growing up can be.

## Book Information

Paperback: 272 pages

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Language: English

ISBN-10: 0310739810

ISBN-13: 978-0310739814

Product Dimensions: 0.5 x 5.2 x 7.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #71,008 in Books (See Top 100 in Books) #23 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #55 in [Books > Christian Books & Bibles > Education > Home Schooling](#) #109 in [Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene](#)

Age Range: 9 - 12 years

Grade Level: 5 - 9

## Customer Reviews

I would highly recommend this for those searching for a body book with a Christian tone. Of course nothing can replace heart-to-heart conversations with mom, but this is a good supplement and resource for tween daughters who are undergoing "changes". Definitely a great conversation starter - best read together with mom so further questions can be offered or additional advice given. Other "body" books for girls were no-nos for me - like the American Girl Care and Keeping Book 2 which had drawings of how to insert a certain feminine product (So crude and unnecessary - would a girl really learn just from drawings?) Apparently, the AG Book 1 has no such drawings and seems pretty

benign, but I chose this one for the following reasons:- Written by 2 family doctors - one male and one female - who are raising or have raised daughters themselves. Facts are presented scientifically but delicately.- Easy to understand short chapters with each title formulated as a question. Engaging, with anecdotes, Scripture verses too- Unapologetically Christian but not overly preachy in talking about God's plan for you, purity, modesty, temptation etc.- Pro-life - talks with awe about fertilization and how this new HUMAN then implants in the uterus A few words of caution (and reason for removing one star):- As the note to parents says in the beginning, it is best to read the book yourself FIRST and decide if the child is mature enough for book or certain topics.- The last few chapters are definitely more mature, and include topics like sexting, predators, STD etc. - but since those chapters are towards the end, it is easy to delay reading until child is mature enough for them.- Intercourse IS mentioned briefly but not discussed earlier in the book, so best to hold off on this book completely if you're not prepared to give "the talk" yet. For those looking for "non-body" books for tween girls -- or even pre-tweens since there is no mature material included -- that help girls discover their inner beauty and worth FIRST rather than just focus purely on bodily changes, I highly recommend: "All Things Girl: Friends, Fashion and Faith", 2013 version.

My 11 year old daughter dove into this book and didn't come up for air. She was really struggling with the "ugly duckling" phase and "feeling fat" Her body is changing each day and what a relief to have found this book! It has helped her so much! LOVE it.. Plus it is based in scripture.

BONUS!! Highly recommend

This is such a needed book, to help younger girls (ages 9-12, though I gave one to my 13-year-old daughter), to help answer those awkward puberty questions (and more) with humor and from a Christian perspective. Fun illustrations lighten what could be an embarrassing subject for young girls. This is a wonderful conversation starter to help open communication between parents and their daughters. I got the Ultimate Guys Body Book for my boys as well. Medically sound advice from a Christian perspective, tackling body and puberty issues--it's simply an excellent book!

A great book for young women and parents alike. The book answers questions every young girl has and helps parents through this time as well. Above all, the book is grounded in scripture. Perfect for your daughter!

Bought this book for my niece who is in fourth grade. This is such a great book! Heard about it on

focus on the family and I am so glad I remembered it. It asks a lot of relevant question and supports the answers biblically with statistics and scripture. This is great for the parents to read along too.

This book has been very helpful in explaining female issues to my daughter from a Biblical perspective especially! We have only read the chapters pertaining to what her questions are at this time. We did find it to be very wordy so my daughter got tired of reading about the same topic, however she may appreciate it more and more as she/we continue to read as more questions come up about her body and the changes it will go through. I have highly recommended this book to several of my friends.

This was purchased for my niece, and her parents are satisfied with it. I purchased the same book for my son, making the decision to purchase for my niece, as her parents were looking for something to supplement the talks about puberty and changes within the body. Both families LOVE the fact that the book is Biblical based, referring to scripture throughout the book aiding in explanation. The girls version of this book is lengthier than the boys, but still brought down to a very manageable read for kids who are in this stage of their life. Extremely satisfied!

25 years ago we raised not just one daughter but five of them. There were wonderful parenting books but they often failed to recognize the differences between raising boys and girls. Now that we have grandchildren this books is a bread of fresh air. It is practical, anecdotal and a valuable source of ideas not only on what to do but especially on how to build a relationship. From the perspective of hindsight, this book hits the mark and will be a gift from us to family and friends who are blessed with daughters.

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