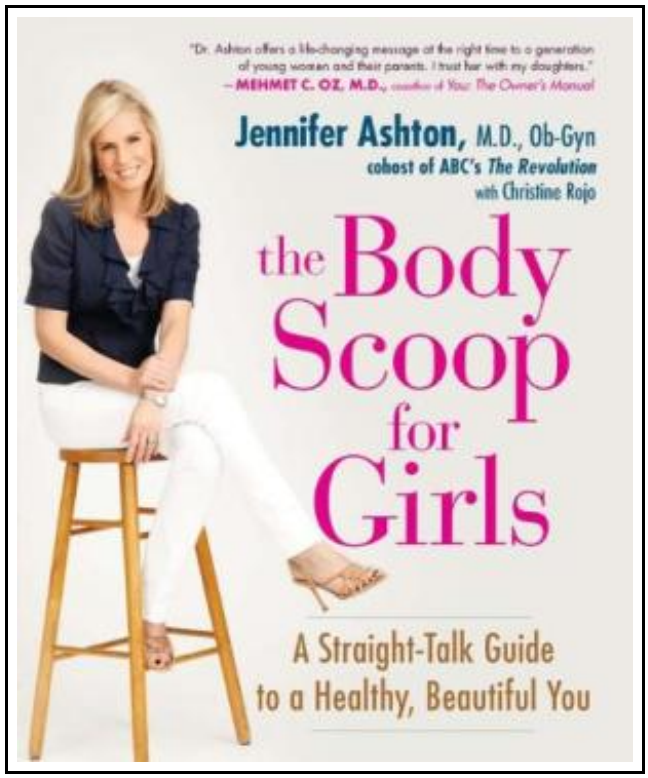
The Body Scoop for Girls: A Straight-Talk Guide to a Healthy, Beautiful You



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THE BODY SCOOP FOR GIRLS: A STRAIGHT-TALK GUIDE TO A HEALTHY, BEAUTIFUL YOU

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Avery Publishing Group Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, The Body Scoop for Girls: A Straight-Talk Guide to a Healthy, Beautiful You, Jennifer Ashton, An authoritative yet girlfriend-friendly health book for teen and tween girls written by CBS News Medical Correspondent Dr. Jennifer Ashton AS an ob-gyn specialing in adolescent care, Dr. Jennifer Ashton understands better than anyone that being a teenage girl these days is fraught with a special kind of angst. But in her practice she talks openly and nonjudgementally to her young patients like a good friend, answering each of their questions respectfully and with candor. Now she shartes this advice in a no-holds-barred guidebook, based on her passion to cut through the embarrassment that girls often feel about their changing bodies and to arm them with the knowledge they need to make smart choices. A comprehensive guide from head to toe, "The Body Scoop for Girls" covers the basics of puberty and beyond, including: a[Breast development and nipple bumps a[The decision to wait to have sex, and the benefits of waiting a[Birth control a[The lowdown on STIs a[Eating Disorders a[Depression and hormone imbalances a[Grooming, from hair removal to hygiene products a[Body piercings Writing in a funny and fresh, girl-to-girl voice, Dr. Ashton has created a totally up-to-date health book that speaks directly to young women and the unique pressures they face today. From a doctor who "gets it," "The Body Scoop for Girls" makes the road to womanhood an empowering one.

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