



# Going Through Puberty: A Girl's Manual for Body, Mind, and Health (What Now?)

*Ruth J. Hickman MD*

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**Going Through Puberty: A Girl's Manual for Body, Mind, and Health (What Now?)** Ruth J. Hickman MD

Puberty is an exciting yet challenging time for every girl. Respecting the universal yet unique experience of puberty for every girl, this book shares important medical facts related to puberty and offers trusted advice about your most pressing questions about growing up. No more wondering "is THAT normal?" From personal hygiene to healthy eating to mood swings, this must-have guide book will help you understand all of the changes happening to your body, mind, health, and emotions.

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