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The Boy's Body Book
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Helloflo

JORDYN SANTANA

Below Your Belt National Geographic Books

Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now *Cycle Savvy* has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, *Cycle Savvy* takes the mystery out of your amazing body.

No One Tells You This Delacorte Press
Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and

tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

A Smart Girl's Guide: Getting It Together Chronicle Books

For any woman who has experienced illness, chronic pain, or endometriosis comes an inspiring memoir advocating for recognition of women's health issues. In the fall of 2010, Abby Norman's strong dancer's body dropped forty pounds and gray hairs began to sprout from her temples. She was repeatedly hospitalized in excruciating pain, but the doctors insisted it was a urinary tract infection and sent her home with antibiotics. Unable to get out of bed, much less attend class, Norman dropped out of college and embarked on what would become a years-long journey to discover what was wrong with her. It wasn't until she took matters into her own hands -- securing a job in a hospital and educating herself over lunchtime reading in the medical library -- that she found an accurate diagnosis of endometriosis. In *Ask Me About My Uterus*, Norman describes what it was like to have her pain dismissed, to be told it was all in her head, only to be taken seriously when she was accompanied by a boyfriend who confirmed that her sexual performance was, indeed, compromised. Putting her own trials into a broader historical, sociocultural, and political context, Norman shows that women's bodies have long been the battleground of a never-ending war for power, control, medical knowledge, and truth. It's time to refute the belief that being a woman is a preexisting condition.

American Medical Association Girl's Guide to Becoming a Teen Ember
CONGRATS! YOU HAVE FOUND "THE

BOOK"! Filled with facts, tips, advice, and illustrations, **BUNK 9'S GUIDE TO GROWING UP** is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100% owning it! **GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY.** The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It

Lola and Me Xist Publishing

More than a book about first periods and changing bodies, *Below Your Belt* is a groundbreaking pelvic health handbook to teach young girls about the **WHOLE** picture - about the other things going on "down there" in addition to menstruation. Straight talk, humorous illustrations, and all sorts of resources make *BYB* a book for all tween and teen girls.

She-ology, The She-quel Penguin

"A refreshing, imaginative take on a cyberpunk future, filled with wickedly cool technology and unraveling intrigue!" -Xiran Jay Zhao, #1 New York Times bestselling author of *Iron Widow* and *Zachary Ying and the Dragon Emperor* Perfect for fans of *Dragon Pearl* by Yoon Ha Lee, this thrilling, cinematic sci-fi novel follows Hana Hsu's mission to save herself—and her friends—from a dangerous plot to control their minds. Hana Hsu can't wait to be meshed. If she

can beat out half her classmates at Start-Up, a tech school for the city's most talented twelve-year-olds, she'll be meshed to the multiweb through a neural implant like her mom and sister. But the competition is fierce, and when her passion for tinkering with bots gets her mixed up with dangerous junkyard rebels, she knows her future in the program is at risk. Even scarier, she starts to notice that something's not right at Start-Up—some of her friends are getting sick, and no matter what she does, her tech never seems to work right. With an ominous warning from her grandmother about being meshed, Hana begins to wonder if getting the implant early is really a good idea. Desperate to figure out what's going on, Hana and her friends find themselves spying on one of the most powerful corporations in the country—and the answers about the mystery at Start-Up could be closer to home than Hana's willing to accept. Will she be able to save her friends—and herself— from a conspiracy that threatens everything she knows?

Welcome to Your Period! Simon and Schuster

Twelve-year-old Josie must find forever homes for seven rambunctious foster puppies in this heartwarming sequel to *The Unlikely Story of a Pig in the City*, which the *Bulletin of the Center for Children's Books* called "a compelling story that will appeal to the animal fans who loved *The One and Only Ivan*." Anytime Josie Shilling's large family gets too chaotic, volunteering at the local animal clinic is the one place she can escape—and she loves working with the animals. But when a box mysteriously appears on the clinic's front steps, Josie suddenly becomes responsible for seven adorable puppies! Taking care of her pig, Hamlet, last fall was a bit harder than

she thought. So how is she ever going to handle a whole litter of mischievous pups and find the right homes for them all? This summer will bring big changes for Josie as she learns about growing up, letting go, and loving your pack no matter what. *Dog Days in the City* is a heartwarming blend of coming-of-age and animal friendship story that is perfect for fans of Ann M. Martin's *Rain Reign*, Joan Bauer's *Almost Home*, and Barbara O'Connor's *Wish*.

She-ology Bold Type Books

Discusses the physical and emotional changes associated with puberty in boys and suggests ways to ease the adjustment to these changes.

Puberty Is Gross but Also Really Awesome Simon and Schuster

"She-ology describes the state of the vagina at every age and stage of a woman's life"--

Periods Gone Public Penguin

Magic has all but disappeared in Brooklyn, but one tenacious young magician is determined to bring it back in this exciting middle grade mystery. Twelve-year-old Kingston has just moved from the suburbs back to Echo City, Brooklyn—the last place his father was seen alive. Kingston's father was King Preston, one of the world's greatest magicians. Until one trick went wrong and he disappeared. Now that Kingston is back in Echo City, he's determined to find his father. Somehow, though, when his father disappeared, he took all of Echo City's magic with him. Now Echo City—a ghost of its past—is living up to its name. With no magic left, the magicians have packed up and left town and those who've stayed behind don't look too kindly on any who reminds them of what they once had. When Kingston finds a magic box his father left behind as a clue, Kingston knows there's more

to his father's disappearance than meets the eye. He'll have to keep it a secret—that is, until he can restore magic to Echo City. With his cousin Veronica and childhood friend Too Tall Eddie, Kingston works to solve the clues, but one wrong move and his father might not be the only one who goes missing.

Kingston and the Magician's Lost and Found Turtleback Books

Fans of *The 5th Wave* will devour this heart-pounding sci-fi novel about a girl with a secret: on a near-future Earth taken over by aliens, she is the only human left alive. "A celebration of what it means to be human." —Katharine McGee, *New York Times* bestselling author of *The Thousandth Floor RAISED AMONG THEM*. Li has a father and a sister who love her. A best friend, Mirabae, to share things with. She goes to school and hangs out at the beach and carefully follows the rules. She has to. Everyone she knows--her family, her teachers, her friends--is an alien. And she is the only human left on Earth. A SECRET THAT COULD END HER LIFE. The Abdoloreans hijacked the planet sixteen years ago, destroying all human life. Li's human-sympathizer father took her in as a baby and has trained her to pass as one of them. The Abdoloreans appear human. But they don't think with human minds or feel with human hearts. And they have special abilities no human could ever have. FIT IN OR DIE. When Li meets Ryn, she's swept up in a relationship that could have disastrous consequences. How far will Li go to stay alive? Will she save herself--and in turn, the human race--or will she be the final witness to humanity's destruction? *Ask a Queer Chick* Candlewick Press
The whole world seems to transform during the summer of 1965, when

Eden's cousin from Mississippi comes to visit her in L.A. just as the Watts Riots erupt, in this stirring new novel by Coretta Scott King Honor winner Brenda Woods. When Eden's cousin Winter comes for a visit, it turns out he's not just there to sightsee. He wants to figure out what happened to his dad, who disappeared ten years earlier from the Watts area of L.A. So the cousins set out to investigate together, and what they discover brings them joy—and heartache. It also opens up a whole new understanding of their world, just as the area they've got their sights on explodes in a clash between the police and the Black residents. For six days Watts is like a war zone, and Eden and Winter become heroes in their own part of the drama. Eden hopes to be a composer someday, and the only way she can describe that summer is a song with an unexpected ending, full of changes in tempo and mood--totally unforgettable. *HelloFlo: The Guide, Period*. Simon and Schuster

With She-ology—Dr. Sherry Ross's bestselling book about the questions, answers, and misunderstandings that women have about their vaginas—the proverbial floodgates were opened. After hearing from countless women across the country—from all ages and stages of life—Dr. Sherry realized the necessity to address the topics not covered in her first book. With the same compassion, expertise, and humor she used to answer some of the most probing questions about the care and maintenance of the vagina, Dr. Sherry continues her dialogue to further her vagina revolution...a revolution that's essential for women in embracing their sexuality, identity, and sense of selves. [Do Your Best Every Day to Do Your Best Every Day](#) Harper Collins

Frankly discusses the physical and social changes that occur when a girl goes through puberty, and offers suggestions on how to deal with them.

Go with the Flow Springer Nature

This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. Welcome to Your Period includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

The Palgrave Handbook of Critical Menstruation Studies Simon & Schuster

This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

Puberty Girl Penguin

Bestselling author and entertainer John Cena motivates and inspires readers with this illustrated book of uplifting encouragements adapted from his popular Twitter feed. The perfect gift for graduations, birthdays, and life's biggest celebrations! Hope + Effort = Making the impossible possible In this colorfully illustrated book of encouragements, John Cena urges young readers to be who they are, act to make the world a better place, and never stop striving. Aimed at elementary and middle schoolers, but fun and fitting for readers of any age, John's inspiring perspective and thoughtful advice are perfect for milestones like graduations, new siblings, and other big life moments, as well as for anyone who could use a little boost. These affirmations about growing up and moving forward are sure to help kids find joy in their efforts and achievements.

Dog Days in the City Sourcebooks, Inc.
For use in schools and libraries only. An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne.

Flipped John Wiley and Sons

This guide to sex, love and life for girls who like girls is useful whether you're a lady-dating veteran or still trying to come out to yourself. "Fresh and

authentic...[King-Miller] combine[s] the 'directness' of Dan Savage with the 'compassion and gentleness' of Cheryl Strayed."—BITCH magazine Seasoned advice columnist and queer chick Lindsay King Miller cuts through all of the bizarre conditioning imparted by parents, romantic comedies, and The L Word to help queer readers live authentic, safe, happy, sexy lives. With advice on every aspect of life as a lesbian, gay, bisexual, or queer woman—from your first Pride to confronting discrimination in the workplace—there is guidance for some of the most major parts of living in a world that can vacillate between supportive and cruel. "Lindsay King-Miller is the cool, queer aunt you never had but always wanted—she is unrelentingly kind, totally funny, and no subject is off limits. Ask a Queer Chick is essential reading."—Jolie Kerr, author of *My Boyfriend Barfed In My Handbag...And Other Things You Can't Ask Martha*

The Tooth Book Turtleback Books

When I first met Lola I was living in the countryside with my parents and brothers and sisters. Lola was lonely and ill then, but it was love at first sight, and I knew that I wanted to take care of her. A beautifully told, heart-warming story about friendship and survival, with a very surprising and satisfying ending.