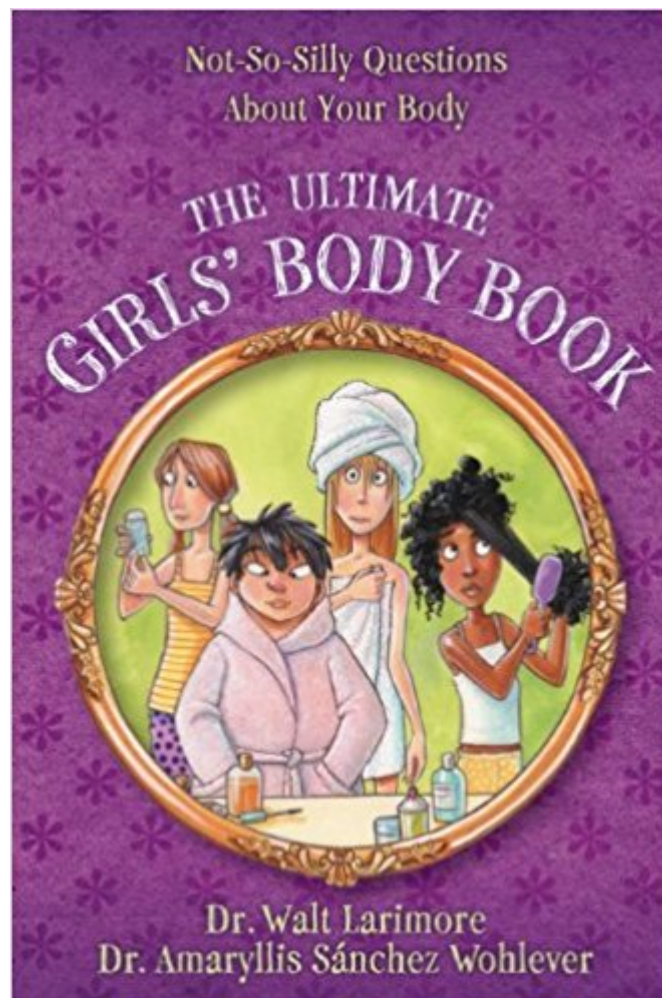




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# The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body



## 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

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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 33 customer reviews

Best Sellers Rank: #56,105 in Books (See Top 100 in Books) #21 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #52 in Books > Christian Books & Bibles > Education > Home Schooling #86 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene

Age Range: 9 - 12 years

Grade Level: 5 - 9

## Customer Reviews

Gr 4—Family doctors Larimore and Wohlever team up to provide Christian, scripture-based answers to common concerns. The 35 questions include "What does it mean to be healthy?," "Why do I look so different from the girls I see on TV?," "What's the big deal about modesty?," and "Sex—part of God's plan? Are you serious?" Additional questions cover tattooing, piercing, and other topics that may be of concern to tweens and teens. Each question is thoughtfully answered, and biblical passages provide spiritual context as the final word. The

concluding section contains online additional resources that share the authors' viewpoint and give further support for girls and parents looking for faith-based health guides. Communities and schools who share the authors' perspective may find this volume a fine addition. — Elaine Baran Black, Georgia Public Library Service, Atlanta

Walt Larimore, MD, has been called 'one of the best known family physicians in America' and has been listed in the Best Doctors in America, The Guide to America's Top Family Doctors, and Who's Who in Medicine and Healthcare, and the International Health Professionals of the Year. He is also a best-selling author who has written, co-written, or edited thirty books. His writing has been recognized with a number of national awards, including a Christianity Today Book of the Year award, a Retailers Choice book award, three Silver Medallion Book Awards, three Gold Medallion Book Award nominations, and three Christy Award nominations. He and his wife, Barb, have two grown children, two grandchildren, and live in Colorado Springs area with their tabby, Jack. His website is [DrWalt.com](http://DrWalt.com) and his Morning Glory, Evening Grace devotions can be found at [Devotional.DrWalt.com](http://Devotional.DrWalt.com). Amaryllis Sánchez Wohlever, MD is a pastor's wife, family physician, and inspirational speaker. Her life was transformed years ago through a heartfelt prayer. Since then, her work as a doctor turned into a ministry as she learned to care for people from the heart. She strives to care for the soul and minister to the spirit while treating the body. She received the AMA Achievement Award and the Psychiatry Clinical Excellence & Research Award, among others. Her greatest joy comes from knowing God and making Him known, sharing life with her loving husband and children, and from continually pursuing opportunities to share the gift of hope. Like Mother Teresa urged, she now lives to do "small things with great love." Her devotional, *Walking with Jesus in Healthcare*, has reached healthcare professionals as far as Kenya and Australia. She envisions growing communities of healthcare servants who pray and tap into God's wisdom, power, and love while caring for others. She blogs at [DrMarisFaithStop.com](http://DrMarisFaithStop.com). Her author website is [faithfulMD.wordpress.com](http://faithfulMD.wordpress.com).

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!

My daughter is really enjoying this book. I'm glad I ordered it for her.

Bought this for my neice. It was perfect and just in time. Good solid information, age appropriate. I would rather open that conversation with her, than have friends or t.v. try to answer these questions for her. It has been a blessing for us!

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.

Love this book and how it opened my eyes and gave me ideas to talk to my girls about. It was a book that I could hand to my girls and say read this and fully agree with everything that is in the book.

This is well written and easy to understand. My daughter and I are reading it together....great bonding experience.

This book has been very helpful in talking more openly with my step-daughter about the changes that a girl goes through in puberty. I love the fact that it has scripture verses in it too.

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