



# Everything a Girl Needs to Know about Her Periods

*Jane Feinmann, Ronnie Sellers Productions*

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Everything A Girl Needs To Know About Her Periods is an informative and interactive book to guide a girl through the changes that accompany her menstrual cycle. The book's contemporary look and down to earth writing style offers an accessible way to provide accurate, easy-to-grasp information about puberty and the menstrual cycle.

Organized into three sections; Body Basics, Monthly Cycle Overview and Common Concerns, the book addresses everything from "Why do I have a period?" and "How do I use a tampon?" to "What if my periods aren't regular?" and "What is an internal exam?".

The cover includes a discreet calendar to record menstrual dates, as well as a wheel that gives a day-by-day explanation of the cycle.

Everything A Girl Needs To Know About Her Periods is a book that parents and advisors will feel comfortable giving to young women to help them understand their periods, reduce their anxiety, and feel more in control of their lives.

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