



Your Body: The Girls' Guide (Girls' Guides)

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Adolescence can be an exciting time, but let's face it: it's also confusing-when our bodies are doing weird things and our minds are just as difficult to figure out. So what's a girl to do? Relax, *Your Body: The Girl's Guide* has got you covered-from head to toe-with cool tips on taking care of yourself, loving your body, and feeling great! This fabulous guide for preteen girls talks candidly about:

- * Your body: keeping it fit, looking your best, avoiding bad habits, dealing with embarrassing problems, and maintaining a healthy body-image
- * Your mind: fighting stress, upping your confidence, practicing good sleep habits, and getting help when you need it
- * Food and dieting: eating right, avoiding the dieting trap, and evading eating disorders
- * Sports and fitness: how exercise benefits you, finding a sport you love, and why competition (even with boys) is healthy
- * And much, much more!

With helpful quizzes, enlightening discussion, and invaluable tips and exercises, *Your Body: The Girl's Guide* is a must-have for every teen looking to survive and thrive through adolescence!

WHAT'S UP WITH...

Your period-is it as annoying as everyone says?

Your friends-what do you do when they're bad for your health?

Diets-do any of them work?

What else can you do to stay in shape?

Your skin-how can you give zits the slip and keep a healthy glow?

Depression-how do you know if you have it and what can you do about it?

FIND OUT IN *Your Body: The Girl's Guide*

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