

What's Happening to My Body? For Boys: A Guide to Puberty and Growing Up

Puberty is a time of major change for boys. Your body is changing rapidly, and you're starting to develop new feelings and emotions. It can be a confusing and challenging time, but it's also an important time of growth and development.

What's Happening to My Body? For Boys is a comprehensive and engaging guide to puberty and growing up. It covers everything from physical changes to emotional challenges, and is written in a clear and supportive way. With helpful diagrams and illustrations, this book is a valuable resource for any boy going through puberty.



What's Happening to My Body? Book for Boys: Revised

Edition by Lynda Madaras

★★★★☆ 4.5 out of 5

Language : English
File size : 2533 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 274 pages



What's inside?

- A detailed overview of the physical changes that happen during puberty

- Information on emotional changes, including mood swings, irritability, and anxiety
- Advice on how to cope with the challenges of puberty, such as acne, body odor, and peer pressure
- Tips on how to talk to your parents or other trusted adults about puberty
- Resources for getting help if you're struggling with puberty

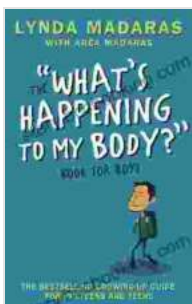
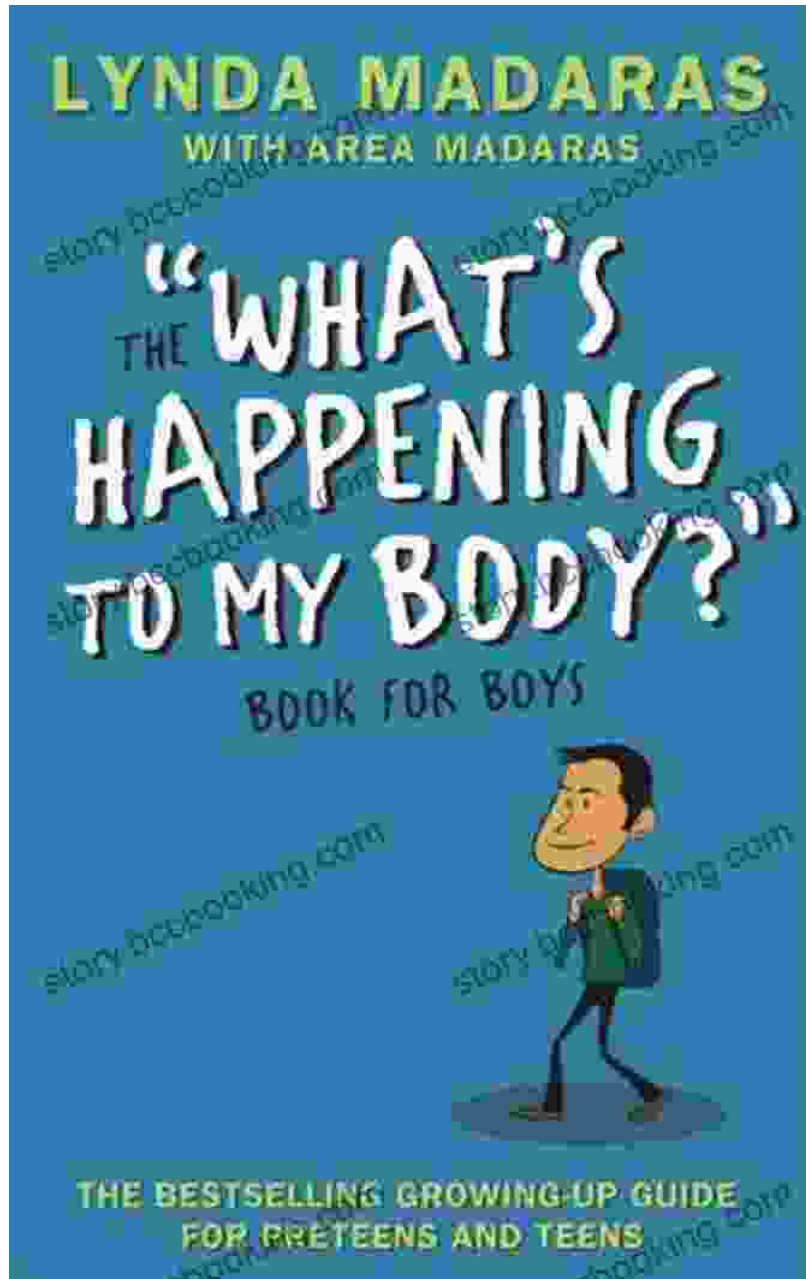
Why you need this book

If you're a boy going through puberty, this book is for you. It will help you understand what's happening to your body and mind, and will provide you with the tools you need to cope with the challenges of puberty. With this book, you'll be able to:

- Feel more confident about your body and your changing emotions
- Make healthier choices for yourself
- Cope with stress and anxiety
- Build strong relationships with your parents and peers

Free Download your copy today!

What's Happening to My Body? For Boys is available now at all major bookstores. Free Download your copy today and start learning about the exciting changes that are happening to your body and mind.



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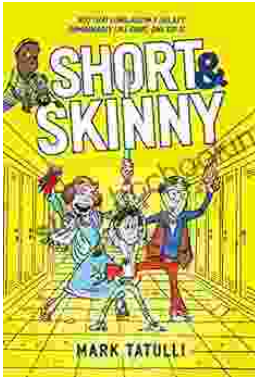
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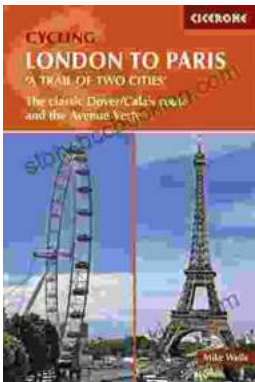
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