

**[PDF] My Body, My Self For Girls, Revised
2nd Edition (What's Happening To My Body?)**

Lynda Madaras, Area Madaras - pdf download free book



Books Details:

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Author: Lynda Madaras, Area Madaras

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Description:

"I kept wanting it to happen. When it did I remember thinking, 'It's about time.'"

"I was worried at first. Then it really wasn't so bad after all."

"I remember my brothers weren't allowed to hit me in the chest anymore. I was kind of pleased

about that."

What mysterious condition are these now grown-up girls talking about? Ah, yes, puberty! With scads of personal stories and an abundance of useful, detailed information about girls' changing bodies and feelings, author Lynda Madaras and her daughter Area Madaras have expanded their guide for girls on the verge of change. First published in 1983, the bestselling classic has been revised and updated several times over the years to keep up with ever evolving facts and wisdom about puberty in girls. In this third edition, the authors continue their straight talk on the menstrual cycle, reproductive organs, breasts, emotional changes, puberty in boys, body hair, pimples, masturbation, and all the other fun, scary, and interesting things that go along with growing up. Filled with anecdotes, illustrations, diagrams, and honest, sensitive, nonjudgmental information for the young girl, the revised edition also addresses the new scientific facts about when a girl actually begins puberty (earlier than previously thought), advice on "female athletic syndrome," eating disorders, unwanted attention because of early development, and information on eating right, exercise, AIDS, STDs, birth control, and so much more. A welcome, reassuring book for parents and daughters, designed with the understanding that some girls and parents will want to read it together, and some will want to read it on their own; without a doubt, though, *all* will benefit. Got boys? Don't miss . (Ages 8 to 15) --*Emilie Coulter* --This text refers to an out of print or unavailable edition of this title.

From Reviewed with Lynda Madaras' *The What's Happening to My Body? Book for Boys*.

Gr. 4-8. In these new editions of her classic guides, Madaras has made significant changes to reflect the younger age at which children are now reaching puberty. She has cut out the chapters about sex, birth control, pregnancy, and STDs, although she includes a rich appendix of resources on these topics. Mostly, the books concentrate on the physical changes that occur during puberty, with new chapters designed to serve as "owners manuals": in *Boys*, there's new information about shaving and answers to questions about penis size; in *Girls*, there's an expanded "all about having periods" section. As in the previous editions, the tone is matter-of-fact and comforting, and Madaras has further simplified the sentence structure and word choices, in some cases perhaps too much; the section on sexual harassment, for example, is somewhat vague and slightly unfocused. Overall, however, these are excellent new editions that make fine resources even more accessible to a young audience. Sure to encourage dialogue between kids and parents. *Gillian Engberg*
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