

The Girl's Guide to Getting Your Period and Loving Your Body



Your Moontime Magic: A Girl's Guide to Getting Your Period and Loving Your Body by Brian Clegg

★★★★☆ 4.6 out of 5

Language : English
File size : 2319 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages

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Getting your period is a big milestone in a girl's life. It can be a confusing and even scary time, but it's also a time of great change and growth. This book will help you understand what's happening to your body and mind during puberty, and how to cope with the physical and emotional changes that come with it.

You'll learn about:

- The menstrual cycle
- PMS and cramps
- Periods and exercise
- Periods and travel
- Periods and sex
- Body image and self-esteem

This book is full of practical advice, tips, and stories from other girls who have been through it all. It's a must-read for any girl who wants to feel confident and empowered about her body.

What readers are saying:

"This book is a lifesaver! It's so helpful and informative, and it really helped me understand what was happening to my body. I wish I had this book when I first got my period." - Sarah, age 13

"This book is so empowering! It helped me to feel more confident about my body and my period. I highly recommend it to all girls." - Emily, age 14

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