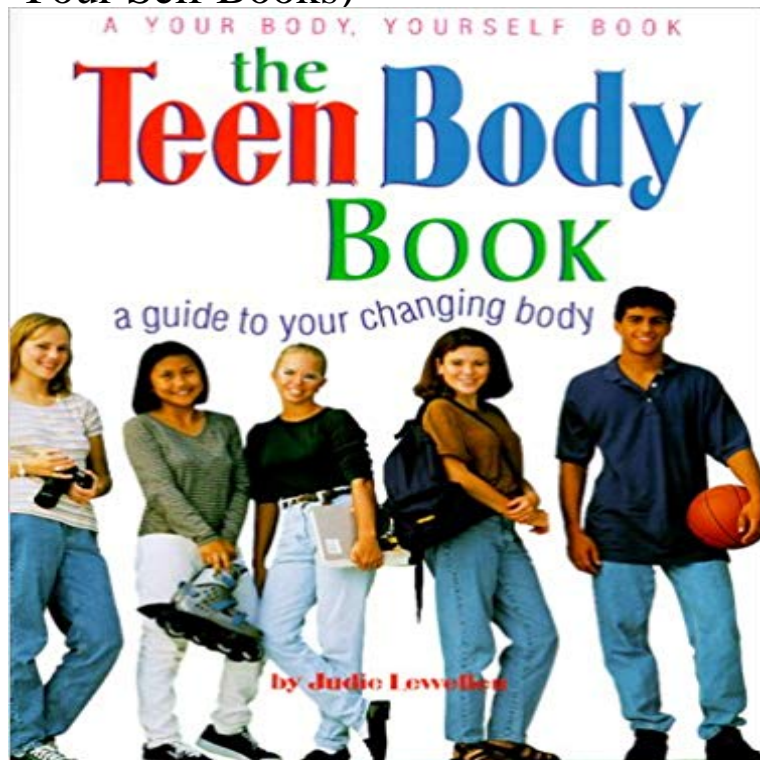


The Teen Body Book: A Guide to Your Changing Body (Your Body, Your Self Books)



The Your Body, Yourself series, devoted to health education for preteens, continues with Your Beauty, Your Health, Yourself. This practical title presents important health information for girls, all explained in an easy-to-read style. Broken down into manageable chapters, each section focuses on important health issues, such as good hygiene, hair care, nutrition, exercise, and body basics. Throughout are quotes from real girls around the country, which will help readers feel that they're not alone in this changing time of their lives.

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