



The Period Book: A Girl's Guide to Growing Up

By Karen Gravelle, Jennifer Gravelle

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The essential guidebook for every girl.

The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, *The Period Book* stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today.

The revised edition includes a new introduction for parents and an additional chapter about body image.

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Editorial Review

About the Author

KAREN GRAVELLE the author of Walker & Company's best-selling nonfiction titles *What's Going on Down There?* and *The Driving Book*. She lives in Long Island City, New York.

DEBBIE PALEN is a professional illustrator from Cleveland, Ohio. When not illustrating, she can be found doing yoga, writing, or reading comics. She has illustrated five books for Walker & Company.

Users Review

From reader reviews:

Eunice Buckley:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their free time with their family, or all their friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled *The Period Book: A Girl's Guide to Growing Up* can be fine book to read. May be it can be best activity to you.

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