



The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons

By Lynda Madaras, Area Madaras

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The best book on puberty for 9-15 year old boys completely updated for the first time in 12 years! Selected as a "Best Book for Young Adults" by the American Library Association--The classic puberty education book for 9-15 year-old boys (over 500,000 copies sold), now thoroughly updated and freshly redesigned for the first time in 12 years. This classic book covers the body's changing size and shape, hair, voice changes, perspiration, pimples, the reproductive organs, sexuality, puberty in girls and adds new sections on diet, exercise, and health. It also includes vital information on AIDS, STDs, and birth control appropriate for this age group, and an introduction for parents and educators. Responding to letters and new data about teenage concerns, some of the changes in this edition include:

- * new, more detailed discussions of penis size ("the subject of most letters I get," says Madaras)
- * new, more detailed discussions on eating right and exercise, steroid abuse, and weight training
- * **more practical advice on hygienic products, shaving products, and treatment of acne**
- * **more reassuring stories from boys and men to help relieve the embarrassment and anxiety over erections, orgasms, masturbation, wet dreams, and health issues including injuries and testicular cancer**
- * **expanded resource section on sexuality, homosexuality, birth control, sexually transmitted diseases.**

Over 1,200,000 copies of Lynda Madaras books sold!

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The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons By Lynda Madaras, Area Madaras Bibliography

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Editorial Review

Amazon.com Review

"Hanging Low, Keeping Cool," "A Hairy Question," "Feeling Private/Feeling Guilty," "You Don't See Any Blind, Crazy Morons Around Here, Do Ya?"

Can you guess what all these chapter titles are about? Give you a hint: everything you ever wanted to know about (but were afraid to ask)... You got it, boys and puberty! Author Lynda Madaras and her daughter Area Madaras have expanded and updated their sensitive, detailed, often witty guide for boys on the cusp of adolescence. To help boys realize they are not alone in their concerns about masturbation, body hair, growth spurts (or lack thereof), female puberty, voice changes, perspiration, shaving, and sexuality, this classic guide is written in a down-to-earth, nonjudgmental style and filled with answers to the many questions boys have as their bodies begin the transformation into adulthood. As a result of thousands of reader letters over the years, as well as the ever growing body of information about puberty in boys, the third edition has been revised to include more detailed discussion of penis size (the authors get more questions about penis size than all other topics combined), updated information on acne treatment, expanded sections on eating right, exercise, steroid abuse, and weight training, and important facts about STDs, AIDS, and birth control. Filled with anecdotes, illustrations, and diagrams, the guide is designed with the understanding that some boys and parents will want to read it together, while others will want to pore over it on their own. Either way, this resource will prove to be incredibly useful for boys and their parents over these strange, exciting years. The companion volume for girls, *What's Happening to My Body? Book for Girls* is a must-read as well. (Ages 8 to 15) --*Emilie Coulter*

From [Booklist](#)

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

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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Review

Must reading. -- *Ralph I. Lopez, M.D., Adolescent Clinic, The New York Hospital--Cornell Medical School*

One of the most complete, well-written and clearly illustrated sex and health education texts to come off the press. -- *Arkansas Democrat*

She has a readable, enjoyable, and non-euphemistic writing style [and] a way of making parents feel at ease. . . -- *SIECUS Report*

Your book is a most helpful teaching tool. . . Your books put the students at ease . . . many, many thanks. --
Excerpt from a teacher's letter to Lynda Madaras

Users Review

From reader reviews:

Jonathan Head:

What do you in relation to book? It is not important with you? Or just adding material when you want something to explain what the ones you have problem? How about your extra time? Or are you busy man? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have time? What did you do? Everyone has many questions above. They should answer that question because just their can do which. It said that about guide. Book is familiar in each person. Yes, it is correct. Because start from on pre-school until university need this particular The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons to read.

Millard Espinoza:

Playing with family inside a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons, it is possible to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

Beth Johnson:

Within this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple method to have that. What you should do is just spending your time almost no but quite enough to have a look at some books. On the list of books in the top checklist in your reading list is The What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons. This book that is qualified as The Hungry Inclines can get you closer in becoming precious person. By looking right up and review this e-book you can get many advantages.

Rochelle Barrick:

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