



What's Happening to My Body? Book for Girls: Revised Edition

By Lynda Madaras, Area Madaras, Simon Sullivan

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Everything preteen and teen girls need to know about their changing bodies and feelings. Written by an experienced educator and her daughter in a reassuring and down-to-earth style, *The "What's Happening to My Body?" Book for Girls* gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control.

Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Selected as a Best Book for Young Adults by the American Library Association.

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Editorial Review

Amazon.com Review

"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 *What's Happening to My Body? Book for Boys.* (Ages 8 to 15) --Emilie Coulter

From [Booklist](#)

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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Review

Lynda Madaras takes seriously the questions asked over the years in her sex education class and gives accurate, detailed answers. *School Library Journal*

These gender-specific titles take a modern and easygoing approach to puberty....explains everything in a readable and reassuring style. *VOYA: Voice of Youth Advocates*

A valuable guide for any parent who is looking for a positive way to approach the subject of sexuality.—*Charlotte News Observer*

I already feel much more confident about answering my 7-year-old daughter's questions as they arise in the years to come.—Excerpt from a letter to Lynda Madaras

Your book is just fantastic; absolutely excellent...I couldn't believe you, a mom, knew this stuff.—Excerpt from a fan letter to Lynda Madaras

Users Review

From reader reviews:

Joshua Phipps:

You could spend your free time to learn this book this publication. This What's Happening to My Body? Book for Girls: Revised Edition is simple to create you can read it in the playground, in the beach, train and soon. If you did not possess much space to bring often the printed book, you can buy the actual e-book. It is make you quicker to read it. You can save the book in your smart phone. Consequently there are a lot of benefits that you will get when one buys this book.

Sammy McManus:

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Mary Bolinger:

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