



Discovery Girls Guide To Growing Up...Everything You Need to Know About Your Changing Body

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Discovery Girls Guide to Growing Up explains everything tween girls need to know about puberty in a straightforward and relatable way. By understanding what's going on inside her and knowing what to expect next, she'll spend less time wondering and worrying about what's happening to her body and more time enjoying the changes. She'll also learn how to handle her emotions and love her body (even if it's not perfect!) so she'll feel confident and ready for *all* the challenges of puberty.

Best of all, thanks to tens of thousands of girls who were brave enough to share their stories about pimples, periods, bras, emotions, and more, she'll know *she is not alone*.

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