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The period pocketbook : honest answers with advice from real girls. [Tricia Kreitman; Fiona Finlay, MRCP.; Rosemary Jones; Sara Walker] -- Offers girls answers, advice, and real stories from girls about periods and puberty.

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With girls maturing at increasingly younger ages, this book will be an invaluable guide for any girl eight and up. Focused entirely on menstruation issues, The Period Pocketbook is comprehensive yet friendly and unassuming. The authors cover basic physiology and address all those difficult-to-talk-about issues in a sympathetic and straightforward fashion.

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This book is perfect in that it covers so much about menstruation and answers questions girls may have but are afraid to ask. What I especially liked was that the frank discussion about sex reinforced that just because a girl gets her period doesn't mean she's ready for sex.

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Period Book: Period, A Girl's Guide by JoAnn Loulan and Bonnie Worthen - Photo courtesy of Book Peddlers  
Period by JoAnn Loulan (et al) explains in a straightforward manner the changes all girls go through, answers common questions, and includes a brief description of a pelvic exam.

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The Period Pocketbook: Honest Answers With Advice From Real Girls Even if you talk your daughter through the changes, you may not be there when she really needs the help.

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