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Amazing You - a book  
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~~Body Book for Boys~~

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Hartman~~

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Wellcast - What is  
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Puberty in Girls~~

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What's happening to me?  
Book for Boys~~

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Boys Body Book Third  
Edition Everything You  
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Growing Up YOU  
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~~The Boys Body Book~~

~~Third Edition Everything~~

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Boys Puberty Boys Body

Book

Guy Stuff: The Body

Book for Boys. Written

by Cara Natterson,

American Girl

Publishing. With the

success of their puberty

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guide books for girls, American Girl has published another puberty book, but this time it ' s for the boys. This book is not just about general puberty though, it ' s more of a guide to becoming a healthy adult, both physically and mentally (Body odour?

8 puberty books for boys

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- Today's Parent

Steve Parker graduated with a BSc (Honours, First Class) in Zoology and is a Senior Scientific Fellow of the Zoological Society of London. He has written more than 200 books and has edited or contributed to over 100 more, including The Human Body, Body Atlas, and Eyewitness Medicine, published by



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Amazon.co.uk: Steve  
Parker, Medi ...

body better, and what you like and don ' t like. But you don ' t have to do it. There is no way you can ' lose energy ' this way. A few

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sportsmen won ' t  
masturbate or have sex  
the night before a match.  
others take the opposite  
view. There ' s no  
scientific evidence against  
masturbation. Most boys  
and men rub themselves  
to get

## 4Boys - A Guide To The Male Body

Kelli Dunham, RN, BSN,  
is a nurse, stand-up

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comic, and author of  
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Maybe Even Love  
Nursing School, How to  
Survive and Maybe Even  
Love Your Life as a  
Nurse, and The Boy ' s  
Body Book: Everything  
You Need to Know for  
Growing Up You, also  
published by Applesauce  
Press. She has worked as  
a primary care and home  
visiting nurse with first-

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Find out the truth about your changing body and all that goes with it in The Boy's Body Book, the #1 bestselling book on succeeding during adolescence. Some of the topics covered include: \*

**YOUR CHANGING**

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BODY: From hair care to athlete ' s foot, a head to toe guide to what ' s happening with your growing body

The Boys Body Book:  
Fourth Edition:  
Everything You Need to

...

A friendly, reassuring positive guide for boys as they approach puberty, explaining the changes

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that will happen to their bodies as they grow up and how these changes might make them feel.

Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'.

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The Boys' Guide to

Growing Up:

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Wilkinson ...

GUY STUFF: THE  
BODY BOOK FOR

BOYS is a head-to-toe  
guide for boys on how to  
care for their changing  
body, from fighting off  
funky smells to  
cultivating healthy habits  
with lifelong benefits.

Chapters focus on

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different areas: face and hair, upper body, nutrition and body shape, major changes during puberty, lower body, fitness, sleep habits, and emotions.

## Guy Stuff: The Body Book for Boys Book Review

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Puberty is when a child's body begins to develop and change as they become an adult. Girls develop breasts and start their periods. Boys develop a deeper voice and facial hair will start to

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appear. The average age for girls to begin puberty is 11, while for boys the average age is 12.

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