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# The Body Book (Young Women Of Faith Library Series 2)



## Synopsis

The ultimate resource for the “girl stuff” coming your way. The transition from girl to teenager makes the tween years a time of great change—especially in the body department! This unique and creative book for girls ages 7–11 answers the most common questions girls have during this often confusing and overwhelming stage in life. The Body Book gives girls the scoop on everything from body changes and cramps to diet and exercise in an inviting and conversational manner. The Body Book not only offers accurate, up-to-date information on personal issues tween girls experience but also shares it from a positive biblical perspective.

## Book Information

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## Customer Reviews

It is a fallacy of our society that we put such a stigma on natural, human sexuality and puberty. Why are we as mothers so stuck on hiding the facts? Ok, so maybe we are uncomfortable, but FACTS are what our girls deserve and need to know. This is a Christian approach to the issue. Christians need to discuss puberty with their girls. This book does not deal with sex so much, but body

changes. Just what you need when you have a youth that is changing, but not ready for "the big talk" and is too embarrassed to ask the tough questions. Knowledge is power and girls deserve to be empowered.

My daughter is nine and physically developing early. This book is perfect to answer the tough stuff. I have learned things myself and wish my mom had something like this when I was my daughter's age. The only thing it doesn't explain is the actual act of "sex" but those questions naturally came as part of the discussion. The good thing about that is this book can be used for the "girl stuff" and the sex questions can be addressed when you feel your child is ready for that progression in the discussion. I love how it incorporates the idea that God created us this way and this process is natural and beautiful. It has great little quizzes and diary sections for your child to write as well. I LOVE this and will be using it with my other two girls when they are the appropriate age. One other note, there are chapters on eating right and exercise that I included my six year old so that she is already being introduced to taking care of her body along with what education she gets at school.

Fantastic help for those years that you need to have conversation with your daughter. Love how the author ties everything back to how God made our body and can help us understand and care for it.

I read this book through with my daughter. It talks about some practical things that are not mentioned in other books, so I appreciated that. Makes a hard subject easier.

As the mother of a 9 year old daughter I found this book to be very age appropriate. I thought the information presented was factual, the tips were helpful and the tone was casual and funny. I like that it says things in a very direct, matter-of-fact way, that it has topics I may not have thought to touch on and that it guides me and helps me not over-inform her. It gives basic information on the woman's reproductive organs, mentioning that a "guy" needs to contribute, but not the how. It encourages the girl to speak with her mother, or other appropriate adult and reassures her that while it might not always be easy it will be helpful. I also, like that the author addresses the fact that puberty is embarrassing but there are ways to deal with that. I think my daughter will like the quick "quizzes", that there are Q and A sections asked from a girl's perspective, and there are some terms that will make her giggle but that's what keeps the book comfortable and fun to read. Above and beyond that I really enjoyed the Christian perspective and scripture that backs up each chapter. The

book encourages girls to rely on God, to trust that He knows what will happen to them and to pray for guidance and comfort.

Several years ago I was talking to a friend about not having a clue what to say to my daughter when she came to 'that' age and my friend said -- I got a book. Well, when I grabbed this book from Netgalley I was thinking it would be a cute read but I didn't even get through two chapters before I realized that it was definitely the book for my house. This book walked us through all of the changes going on and explained to her in a factual but fun way why and how. It made the whole maturing process less fearsome and more awesome. The Body Book walks you through each of the steps of change and helps you to see where you are in the process and lets you know the things you're going to need to deal with in the near future. It also helps to know when you're going to need the help of an adult and when you can handle it on your own. This book is great for the girls to read by themselves, though, we really did enjoy reading a chapter a week and discussing it fully before moving on to the next section. Thank you so much, Nancy Rue!! More... Author: Nancy Rue Source: Tommy Nelson via Netgalley Grade: A+ Ages: 7-15

I really like this book. I was looking for something to ease my 9 year old into the changes her body will be going through in the near future, but at the same time I didn't want it to be from the point of view of today's world. All sex, contraceptives, and abortion. This book is great. It reads as though a young girl is talking to you. At the end of each section there is a place to write if you want to write out your thoughts and feelings. It guides little girls in speaking to Jesus about what is happening to them, and inserts verses from the Bible. I'm really glad I found this book!

Great book and content to have a discussion with daughters to prepare for puberty and what body changes to expect.

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