



The Period Book: Everything You Don't Want to Ask (But Need to Know)

Karen Gravelle

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The essential guidebook for every girl.

The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, *The Period Book* stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today.

The revised edition includes a new introduction for parents and an additional chapter about body image.

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