



American Medical Association Girl's Guide to Becoming a Teen

Kate Gruenwald

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Becoming a teen is an important milestone in every girl's life. It's even more important to get answers and advice to the most common health issues girls face from a trusted source. The *American Medical Association Girl's Guide to Becoming a Teen* is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more:

- Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your feelings about boys
- The importance of eating the right foods and taking care of your body
- Your reproductive system inside and out
- Starting your period—what it means and how to handle it
- Thinking about relationships and dealing with new feelings

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