



Periodo: Guía de una Joven (Period: A Girl's Guide, Spanish Language Edition)

By JoAnn Loulan, Bonnie Worthen

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This newly updated and revised book is a refreshingly positive perspective on puberty and menstruation without sex education. The book is filled with sound information and honest facts and advice for navigating through the start of life's hormonal changes. It can be used by families, schools, and organizations. In simple terms the authors explain the changes all girls through, and how their bodies function, answer common questions, and include a brief description of a pelvic exam.

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William Pak:

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