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Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.) Youâ€™ll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

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Its companion book The Feelings Book: The Care and Keeping of Your Emotions, helps girls understand their changing emotional life. For a diverse assortment of guides on all aspects of growing up, including ones addressing issues related to both physical and social development, visit our Guides for Girls section.

### **The Care and Keeping of You 1 | A Mighty Girl**

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There are sporadic changes in the text that reflect new approaches to the use of sunscreen and new nutrition and sleep guidelines. Instructions for tampon insertion and definitions of eating disorders have been moved

to the companion book for older girls, *The Care and Keeping of You 2* (2012).

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Both the *Care and Keeping of You 1* & *2* are great ways for your adolescent and/or tween to learn and discover how their bodies and emotions will be changing during their current growth. It's a great book for mom to read first and prepare herself for the questions that will follow.

### **The Care and Keeping of You 2: The Body Book for Older Girls**

*The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition* (American Girl Library) [Valorie Schaefer, Josee Masse] on Amazon.com. \*FREE\* shipping on qualifying offers. Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up

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Millions of girls ages eight to ten have felt just as you do now and have turned to this book for straightforward advice. This head-to-toe guide answers your questions, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

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