

# [PDF] American Medical Association Boy's Guide To Becoming A Teen

**Kate Gruenwald Pfeifer - pdf download free book**

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## **Books Details:**

Title: American Medical Association  
Author: Kate Gruenwald Pfeifer  
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## **Description:**

**From School Library Journal** Grade 5-8-These accessible guides are nearly identical in the treatment of several subjects, such as healthy eating, exercise, and skin care, and the chapters on feelings, relationships, and sex. The information is presented in a straightforward manner without judgment, which may be comforting to preteens who are finding the road to adulthood a somewhat frightening path. The focus is on physical changes and some of the accompanying feelings. Sexual activity is mentioned, but readers are encouraged to wait until they are older, and contraception is not discussed in detail. Good, sound primers.-*Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA*

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**From** Gr. 4-7. Published in conjunction with the American Medical Association, this guide addresses puberty's changes clearly, and many of the seemingly male-oriented topics covered here could also interest girls: weight-lifting, for example, and handling arguments that escalate into physical fights. Cartoon drawings of too-perfect teens illustrate, but as in *Girl's Guide to Becoming a Teen* (2006) by the same author, the text's approach is straightforward, accessible, and nonjudgmental, whether the topic is same-sex attraction or divorcing parents. The volume closes with an extensive resource section, including hotlines. *Gillian Engberg*

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