

The Care & Keeping of YOU

Older
The Body Book for Girls

2



Cara Natterson

The Care And Keeping Of You 2: The Body Book For Older Girls
(Turtleback School & Library Binding Edition)



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FOR USE IN Colleges AND LIBRARIES ONLY. A compassionate and practical reference for older adolescent girls shares suggestions for handling physical and psychological challenges, covering topics which range from menstruation and body adjustments to personal care and peer pressure.



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