



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

Cara Natterson

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The Care and Keeping of You 2: The Body Book for Older Girls Cara Natterson

This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written by Dr. Cara Natterson for girls 10 and up, The Care & Keeping of You 2 follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

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