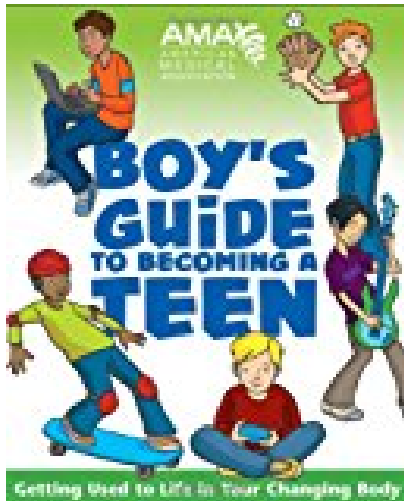


American Medical Association Boys Guide to Becoming a Teen



BOOK DETAILS

- Author : American Medical Association
- Pages : 128 Pages
- Publisher : Jossey-Bass
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BOOK SYNOPSIS

Becoming a teen is an important milestone in every boy's life. It's even more important to get answers and advice to the most common health issues boys face from a trusted source. The American Medical Association Boy's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your feelings about girls The importance of eating the right foods and taking care of your body Pimples, acne, and how to properly care for your skin Your reproductive system—inside and out Thinking about relationships and dealing with new feelings

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