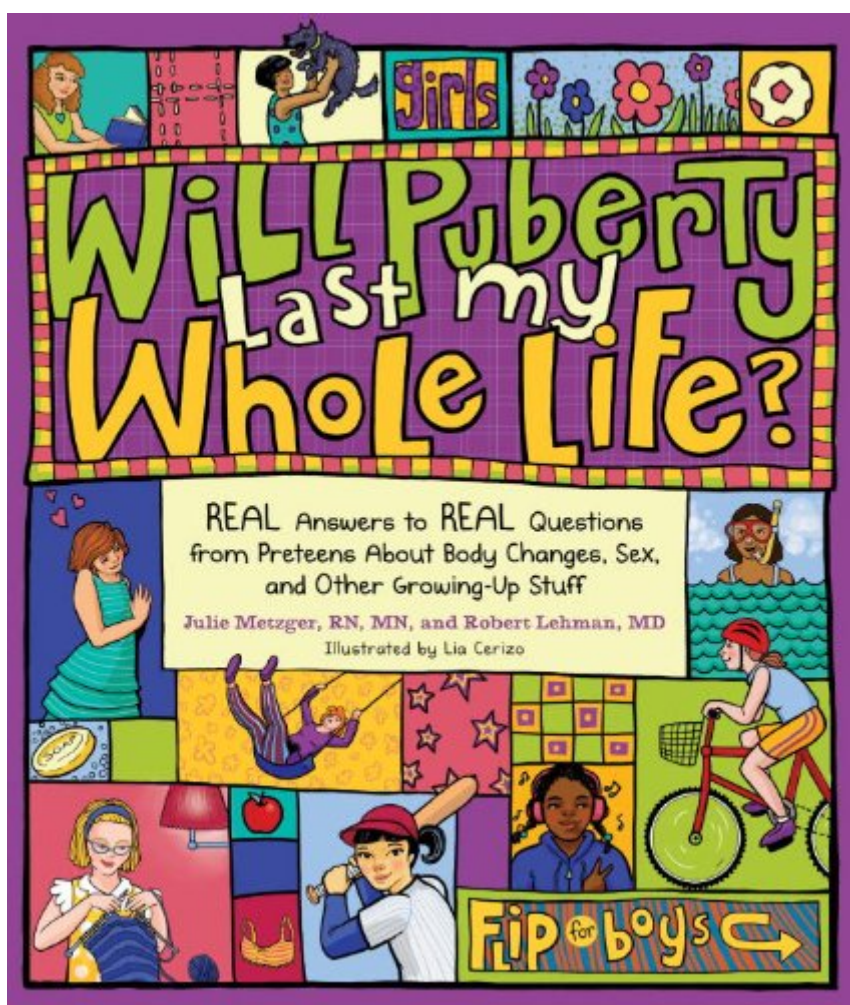


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# Will Puberty Last My Whole Life?: REAL Answers To REAL Questions From Preteens About Body Changes, Sex, And Other Growing-Up Stuff



## Synopsis

This flip book for boys and girls between the ages of 9 and 12 has questions asked by girls in one half of the book; flip it over and questions asked by boys are on the other side. Contains honest, informative, and reassuring answers to questions pre-adolescents have about puberty, friends, feelings, sex, pimples, babies, body hair, menstruation, bras, and much more. Straightforward, age-appropriate answers to REAL questions from preteens are provided by an experienced nurse-and-physician team who have been giving popular seminars to moms and daughters, and dads and sons, in Seattle and Palo Alto for more than twenty years. Each of the questions in the book has been asked--many of them frequently!--by kids during their seminars. Filled with fun, full-color illustrations throughout.

## Book Information

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## Customer Reviews

Great book from a great educator. I do not agree with people who say this is from a liberal point of view. The author (I've seen her talk) is someone who advocates for developing in kids great decision making skills and believes that by arming them with good information that normalizes puberty is 100% consistent with her view that have sex is a big big big decision that is best left to

adulthood/marriage. There is a great article about her in the nytimes (march 25, 2015) [http://www.nytimes.com/2015/03/29/magazine/lets-talk-frankly-about-sex.html?hp&action=click&pgtype=Homepage&module=second-column-region&region=top-news&WT.nav=top-news&\\_r=0](http://www.nytimes.com/2015/03/29/magazine/lets-talk-frankly-about-sex.html?hp&action=click&pgtype=Homepage&module=second-column-region&region=top-news&WT.nav=top-news&_r=0) to get better insight into her approach.

This book is 2 in one. You have one side for boys, then flip it over and it's for girls. It straight up answers a lot of the questions I had as a pre-teen. I got it for my son, and I read it all. Have not given it to him. There are questions on the boy side that say, "refer to the girl side for more information." I didn't care for that. The girl half is much more descriptive with drawings as far as the acts of sex and all that if you are wondering about that. The boy side has some vague information, but it's funny and I don't think too terribly embarrassing.

This is a really wonderful book for young teens (age 12-15). The book is a series of questions submitted by children who are curious about puberty, and this device is likely to be appealing to other children. There are no really controversial topics, and it has a boys and girls section (so you can re-use it for other kids!). This is the book I recommend for curious mid-adolescent children, due to the mostly-accurate information and detailed answers.

"Will Puberty Last My Whole Life?" is way more charming than the sixth grade science textbook, with heart, humor, and candor to make puberty and sex less of a mystery. Not just for adolescents, parents and educators will appreciate the down to earth format--all the content is Q&A based on REAL questions from tweens--plus there's a sense of flip-around-and-explore, which just takes all kinds of pressure off such a big, wild subject. Two thumbs up!

Rob and Julie have been taking on the big questions for years and years, and this book is the next best thing to being in class with them. Even on paper you easily understand the place they speak from: smart, caring, and committed to kids (and families) getting the facts right. They make communication look easy- and where sexuality is concerned, that's something we ALL could learn from.

My daughter was very attracted to this book from the start. The cover art is inviting for this age group and the content is so non-embarrassing that she picks it up and reads comfortably on multiple occasions. We have also read the book together. It's so exciting to hear about what boys are

thinking! I have recommended this to many friends.

"Will Puberty Last My Whole Life" is accessible, funny, and informative-- a wonderful resource for any pre-teen who has lots of unanswered questions about friendship, love (and like!), and the human body. It is organized with chapter topics that cover a wide range of real questions asked by real kids. The book is divided in half with one side devoted to boys and the other to girls. When I finished reading the "girl" side, I found myself devouring the "boy" side, and I'm 35 years old! Metzger and Lehman have written a wonderfully informative, unique guide for the curious kid.

I have given this book as a gift to the parents of pre-pubescent children. This allows the parents to decide the right time to pass it along and provides a tool to build a conversation around the topic if they choose. It has been received gratefully as a wonderful way to provide informative answers to questions the pre-teens would ask themselves. Unlike what one reviewer suggests, this book is very appropriate! It not only covers topics around sexuality, but also hygiene, and zits, and emotions. What a treasure! Kudos to Dr. Rob and Julie for putting this book together after years of working with pre-teens and their families. I wish I had had a resource like this when I was a pre-teen.

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