



On the Spot

Karle Dickerson

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On the Spot is a fun, informative book written for girls about all the questions they want to ask their parents - but don't. From PMS to first bras to fluctuating feelings, this book reaches out to girls in their own words, helping them understand the changes their bodies are going through. The author has interviewed more than 150 preteen and teenage girls to provide an honest, straightforward guide that tells it like it is - but without anything too objectionable for their parents. In addition, the book includes special features such as: Quirky quizzes - revealing secrets about mind/body/spirit; Cool quotes - real girls provide the low-down on changing bodies; Helpful tips - what to do when hormones are going haywire; On the Spot promises to help young girls navigate puberty with knowledge, composure and style.

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