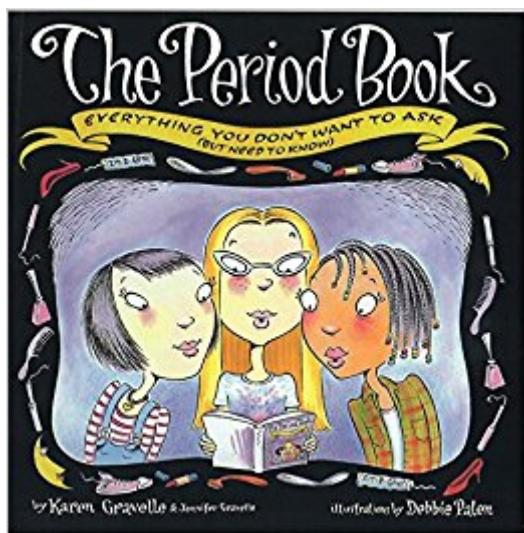


The book was found

# The Period Book: Everything You Don't Want To Ask (But Need To Know)



## **Synopsis**

Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down-to-earth practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose your form of protection, to how to talk to your parents about it. The Period Book will guide you through all the physical, emotional and social changes that come with your period, as well as related issues such as dealing with spots, mood swings and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel and celebrate the new sense of power and maturity that your period can bring. Perfect for sharing, The Period Book is a trusty friend that can help you feel happy and confident about this new phase of your life.

## **Book Information**

Paperback: 128 pages

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Average Customer Review: 4.3 out of 5 stars 220 customer reviews

Best Sellers Rank: #254,266 in Books (See Top 100 in Books) #19 in Books > Teens > Personal Health > Sexuality & Pregnancy #745 in Books > Medical Books > Basic Sciences > Physiology

## **Customer Reviews**

Called "warm and positive" by Booklist, this user-friendly book about menstruation and puberty doesn't just give the facts, ma'am: it addresses many private worries that girls may have a hard time talking about and offers truly practical tips that most girls have had to figure out for themselves -- the hard way. Light-hearted cartoon illustrations help keep the tone sympathetic and upbeat. --This text refers to the Hardcover edition.

With the help of her 15-year-old niece, Karen Gravelle hits her mark with this accessible guide for adolescent girls. Frank and at times funny, the book focuses on changes that occur during puberty, specifically those accompanying menstruation. Though the scope is, intentionally, not as comprehensive as many handbooks on adolescence, the authors address nitty-gritty, practical

details not usually included in such tomes (e.g., tips on improvising a sanitary pad). In addition to answering a range of "What if?" questions that would be embarrassing for many girls to ask, the authors also cover such subjects as what to expect from a visit to a gynecologist; living with pimples, cramps and "weird emotions

My 12 year old daughter just started her period this summer. She was away from home visiting family, which makes me sad that I missed the first one. I went online that night and found this book. I read the reviews, and the comments about the content being inappropriate. One reviewer mentioned that she was appalled by a section that informed the reader that you could get pregnant if semen is introduced into the vagina by any means, such as a finger. While it might make us uncomfortable as parents to think about our sweet girls doing anything of the sort, the fact is that it happens. I for one would rather have her know the risks and avoid them, than keep her blissfully ignorant while she ends up pregnant because she "didn't know". They say you're supposed to have "the talk" by the time they are 8 years old now as it is. Now that she's able to get pregnant (cuz let's face it that's what periods are for) I want her to know. Keeping her in the dark isn't going to do her any favors, and telling her the truth won't hurt her. So anyways I bought the book and had it overnighted to her at my mom's house. My mom said when she handed her the book she rolled her eyes and was like "Oh God". But she sat down to read, and did not put it down again until she had read it cover to cover. She told my mom, that was a REALLY good book, it had a lot of good information in it. It also has a little log in the back for her to track her cycle. I'm comfortable in my choice to get her the book. Now I know she knows, and what she knows is the truth and not hearsay from other teenage girls or boys. You know they talk about it right? And they act on it younger and younger these days? Don't you want them informed?

I feel very compelled to write a review after reading the top-rated comments by panicked mothers. Here is my story: I read this book when I was 10. I borrowed it from my friend, whose mom was a bit more hands-off than mine. I remember using it with my girlfriend, and a mirror, to find where our vaginas were. I didn't use it to masturbate. It didn't make me lose my virginity earlier. It just gave me the kind of no-nonsense ILLUSTRATED, not photographed, depictions of what I had to expect in the coming years. I loved this book because instead of trying to shelter me, it gave me all the best information and helped me make well-informed decisions. I felt compelled to review this book not only because I thought it was great, and memorable FIFTEEN YEARS later. But also because these panicked mothers, who are worried about their daughters being "too young" to learn about these

things, clearly haven't been to a middle school in recent years. Children--tweens--are having sex. At 11, before they even need The Period Book, and at 13, when that tidbit about the fingertip's worth of sperm causing impregnation could be vital, life-changing information. That was never me, but hey! I read the Period Book when I was 10. So I knew better...So don't hide this book from your kids. Because they're almost not kids. And even as kids, behind your very backs, they're probably doing adult things. This book promotes body-literacy; it doesn't change the innate nature of your girls, or negate the moral compass you've instilled in them. As parents, don't you want to give your child THE BEST CHANCE to make good decisions? If so, get her this book.

We bought this as training material for a nurse in a developing country who could read English as well as her native language. It came highly recommended to me. It looks very comprehensive, but I admit I thumbed through it, then immediately gave it away in the training pack we made.

Very informative, easy to read and digest. Arrived promptly. Thanks!

This is the perfect book for having the conversation. I truly needed it!

Great book for a girl whose body is changing. My daughter is 11 and thought this book was helpful without making her feel uncomfortable! :)

Daughter loves it great book

GREAT book for any young girl hitting the double digits. I would read it first as there was some things that I had no clue happened or when. There are some sketches pictures of girls and boys, but I guess it's all to teach the difference.

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