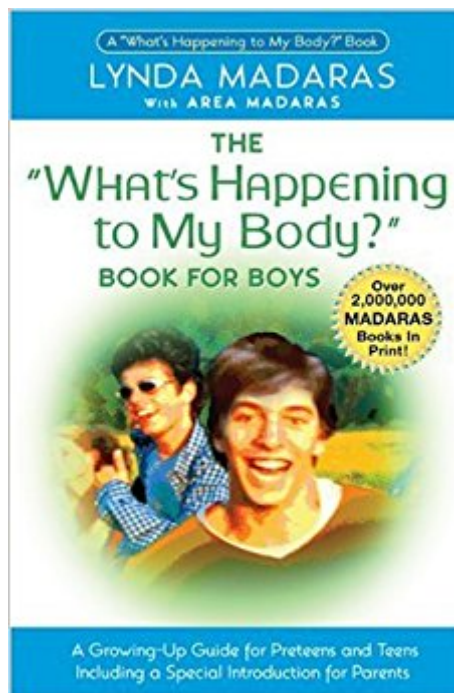




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# The What's Happening To My Body? Book For Boys: A Growing-Up Guide For Parents And Sons



## Synopsis

The best book on puberty for 9-15 year old boys completely updated for the first time in 12 years! Selected as a "Best Book for Young Adults" by the American Library Association--The classic puberty education book for 9-15 year-old boys (over 500,000 copies sold), now thoroughly updated and freshly redesigned for the first time in 12 years. This classic book covers the body's changing size and shape, hair, voice changes, perspiration, pimples, the reproductive organs, sexuality, puberty in girls and adds new sections on diet, exercise, and health. It also includes vital information on AIDS, STDs, and birth control appropriate for this age group, and an introduction for parents and educators. Responding to letters and new data about teenage concerns, some of the changes in this edition include: \* new, more detailed discussions of penis size ("the subject of most letters I get," says Madaras) \* new, more detailed discussions on eating right and exercise, steroid abuse, and weight training \* more practical advice on hygienic products, shaving products, and treatment of acne \* more reassuring stories from boys and men to help relieve the embarrassment and anxiety over erections, orgasms, masturbation, wet dreams, and health issues including injuries and testicular cancer \* expanded resource section on sexuality, homosexuality, birth control, sexually transmitted diseases. Over 1,200,000 copies of Lynda Madaras books sold!

## Book Information

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## Customer Reviews

"Hanging Low, Keeping Cool," "A Hairy Question," "Feeling Private/Feeling Guilty," "You Don't See Any Blind, Crazy Morons Around Here, Do Ya?" Can you guess what all these chapter titles are about? Give you a hint: everything you ever wanted to know about (but were afraid to ask)... You got it, boys and puberty! Author Lynda Madaras and her daughter Area Madaras have expanded

and updated their sensitive, detailed, often witty guide for boys on the cusp of adolescence. To help boys realize they are not alone in their concerns about masturbation, body hair, growth spurts (or lack thereof), female puberty, voice changes, perspiration, shaving, and sexuality, this classic guide is written in a down-to-earth, nonjudgmental style and filled with answers to the many questions boys have as their bodies begin the transformation into adulthood. As a result of thousands of reader letters over the years, as well as the ever growing body of information about puberty in boys, the third edition has been revised to include more detailed discussion of penis size (the authors get more questions about penis size than all other topics combined), updated information on acne treatment, expanded sections on eating right, exercise, steroid abuse, and weight training, and important facts about STDs, AIDS, and birth control. Filled with anecdotes, illustrations, and diagrams, the guide is designed with the understanding that some boys and parents will want to read it together, while others will want to pore over it on their own. Either way, this resource will prove to be incredibly useful for boys and their parents over these strange, exciting years. The companion volume for girls, *What's Happening to My Body? Book for Girls* is a must-read as well. (Ages 8 to 15) --Emilie Coulter

Reviewed with Lynda Madaras' *The What's Happening to My Body? Book for Girls*. Gr. 4-8. In these new editions of her classic guides, Madaras has made significant changes to reflect the younger age at which children are now reaching puberty. She has cut out the chapters about sex, birth control, pregnancy, and STDs, although she includes a rich appendix of resources on these topics. Mostly, the books concentrate on the physical changes that occur during puberty, with new chapters designed to serve as "owners manuals": in *Boys*, there's new information about shaving and answers to questions about penis size; in *Girls*, there's an expanded "all about having periods" section. As in the previous editions, the tone is matter-of-fact and comforting, and Madaras has further simplified the sentence structure and word choices, in some cases perhaps too much; the section on sexual harassment, for example, is somewhat vague and slightly unfocused. Overall, however, these are excellent new editions that make fine resources even more accessible to a young audience. Sure to encourage dialogue between kids and parents. Gillian Engberg Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

My son is 11 years old. He was shy and felt uncomfortable to ask me questions about his body changing. After buying this book we read it together sometimes he would read certain things on his

own. I am very happy with this book. It explains everything a young boy should know while his body is changing. The way the author has written this book is great and makes my son and I feel more at ease. I extremely recommend this book.

As a boy who grew up without having a father, I discovered this book at the age of 18 in college and it helped me tremendously. Much of this information was not given to me (or at least understood) as a child.

This book would be good for 14 and up. Very disappointing

I read this book before giving it to my son. As a single mom I know that boys have the craziest myths/gossip of what is actually happening to their bodies and what they are supposed to do with it. I even learned some things that being a girl and mom I didnt know about the male body.

I bought this for my grandson to help with the process of understanding maturation changes that would be soon happening to him. I don't know if he found it helpful or not because he did not share that part with me.

The pages were yellow and the book appeared old. I returned it.

While no book on this subject is going to cover everything exactly the way you might prefer, this book does a very good job of covering a variety of topics related to sexual development. The material is presented in an easy-to-read, factual manner. After reviewing the book myself, I gave it to my 12 year old son, who looked at me as if to say "I know this stuff already". Yet the next day, he thanked me for giving him the book and said it had cleared up some misunderstandings he had. We were then able to talk about some of his questions and impressions from the book.

gave it to my kids to read through i thought it explained biological information well and answered questions they had about events in life

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