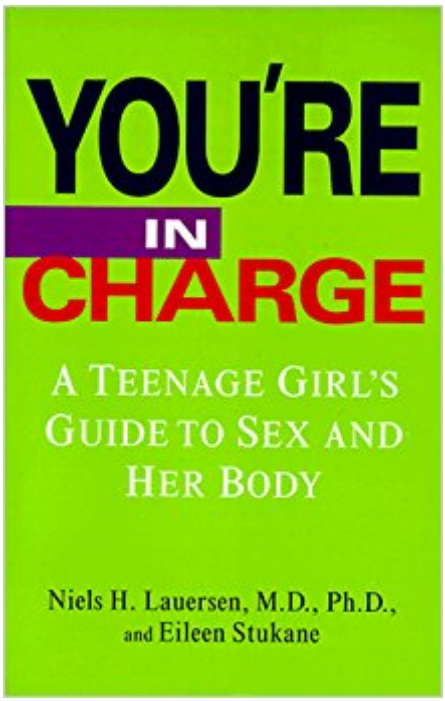
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You're In Charge



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Synopsis

This straight-shooting, medically up-to-the-minute handbook was written especially for teenagers like you who have questions about your changing body and what it all means. You'll find out what really happens to your body in puberty; how to know if you're ready for sex; the truth about birth control, and much more.

Book Information

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Product Dimensions: 1 x 5.2 x 8 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #6,495,200 in Books (See Top 100 in Books) #84 inÃ Â Books > Teens > Personal Health > Personal Hygiene #717 inÃ Â Books > Teens > Social Issues > Dating & Intimacy #351060 inÃ Â Books > Self-Help

Customer Reviews

This straight-shooting, medically up-to-the-minute handbook was written especially for teenagers like you who have questions about your changing body and what it all means. You'll find out what really happens to your body in puberty; how to know if you're ready for sex; the truth about birth control, and much more.

"[This] Book Gives Teen Girls The Real Scoop On Sex." -- New York Daily News Safe sex. Dieting. Hormones. Birth Control. Just because you're a teenager doesn't mean that you shouldn't have all the facts about these tough issues. This straight-shooting, medically up-to-the-minute handbook was written especially for girls like you who have questions about their changing body and what it all means. Here is the book that answers all your questions about Puberty -- what's really happening to your body Your reproductive system -- from menstruation to pregnancy Sex -- how you'll know when you're ready No-nonsense birth control information Hormones -- why you should know about them The way boys develop and what they're going through The straight facts on AIDS and sexually transmitted diseases Alcohol, drugs, and eating disorders Easy-to-follow strategies to help deal with

stress -- in school, relationships, and family life "I'd rather go to You're In Charge any day, by Niels Lauersen, the doctor who delivered me, than to my puritanical mom, who still thinks of me as barely out of the womb!" -- Gaby Hoffmann Actor "Being a teenager is both the best of times and the worst. Having a book like this to help guide us through the tumult of these 'wonder years' is a big help. Everyone needs to have professional advice about different topics, and this is the easiest way to have everything at your fingertips." -- Ivanka Trump Student and Model

I think this was a very helpful book. It covered a lot of topics that I had questions about before I started this book. It also had many intesting facts about other cultures and sex in history which I found to be very interesting as well. I would recommend this book for every girl to read, even if you've heard ther works on what's going on with your body. This book helps break down stereotypes and gives you something to think about as far as self-confidence and relationships. I know Dr. Lauersen personally and not only is he an amazing author, but an amazing human being as well.

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