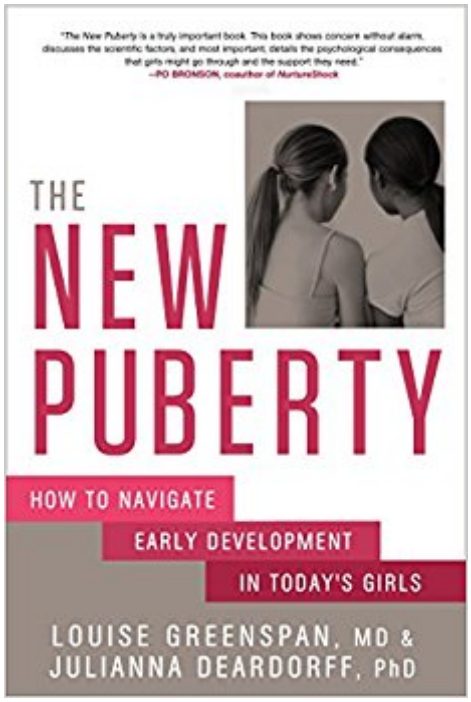
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The New Puberty: How To Navigate Early Development In Today's Girls



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Synopsis

A generation ago, fewer than 5 percent of girls started puberty before the age of 8; today, that percentage has more than doubled. Early puberty is not just a matter of physical transformationÃ¢â ¬â ¢itÃ¢â ¬â„¢s also deeply psychological, with a myriad of effects that can put a girl at higher risk for behavioral problems and long-term health challenges. In this reassuring and empowering guide, Louise Greenspan, MD, and Julianna Deardorff, PhDÃ¢â ¬â ¢two leading experts on the root causes and potential consequences of early puberty in girlsÃ¢â ¬â ¢deliver vital advice on how to prevent and manage early puberty. They explain surprising triggersÃ¢â ¬â ¢from excess body fat to hormone-mimicking chemicals to emotional stressors in a girlÃ¢â ¬â„¢s home and family lifeÃ¢â ¬â ¢and offer highly practical strategies, including how to limit exposure to certain ingredients in personal care and household products, which foods to eat and which to avoid, ways to improve a childÃ¢â ¬â„¢s sleep routine to promote healthy biology, and more.The New Puberty is an engaging, urgently needed road map to helping young girls move forward with confidence, ensuring their future well-being.

Book Information

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Customer Reviews

Ã¢â ¬Å“The New Puberty is a truly important book. Without jumping to conclusions, this book shows concern without alarm, discusses the scientific factors that could be triggering it,and most important details the psychological consequences that girls might go through, and the support they need.Ã¢â ¬Â• Ã¢â ¬â ¢Po Bronson, co-author of NurtureShockÃ¢â ¬Å“The New Puberty is a

treasure trove of information. In it, the authors take a deep dive into the psychology and biology of teen girls. It is destined to become a classic for parents and educators.Ã¢â ¬Â• Ã¢â ¬â ¢Louann Brizendine, MD, author of The Female Brain and founder/director of the Women's and Teen Girl's Mood and Hormone Clinic, UCSFÃ¢â ¬Å"Filled with surprising and fascinating research, as well as practical and empowering strategies, The New Puberty is a book every parent and health practitioner needs to read.Ã¢â ¬Â• Ã¢â ¬â ¢David Kessler, author of the New York Times bestselling The End of Overeating and former commissioner of the US Food and Drug AdministrationÃ¢â ¬Å"Increasingly parents are asking why their children are heading into puberty at a much younger age than they ever did. Combining their backgrounds as both scientists and parents, Greenspan and Deardorff give them all of the answers they are looking for. The New Puberty explains why our changing world has affected our kids' bodies--then guides parents on what they can do. Anyone who has a young girl will want to read this book!Ã¢â ¬Â• Ã¢â ¬â ¢Cara Natterson, MD, pediatrician and New York Times bestselling author of The Care and Keeping of You 2

Louise Greenspan, MD, and Julianna Deardorff, PhD, won the 2013 Community Breast Cancer Research Award from Zero Breast Cancer. They have contributed to Time, Science, New York Times Magazine, US News and World Report, Good Morning America, and NPR. They live in San Francisco.

As a mom of preteen daughters, I found this book to be insightful, informative and also practical. I wish I had this book when my daughters were younger! I especially loved all the practical information offered in Chapter 5- How to manage environmental risks and Chapter 8- Don't have the "talk", start the conversation. If you have daughters, this is a "must have" book to add to your parenting library.

Very well written. Fascinating data and a clear review of the science behind puberty.

Really enjoyed this book, my daughter is just hitting puberty. .but as I didn't have her until I was almost 40 things are different today. I actually enjoyed the science behind puberty and definitely recommend this book.

Great for my granddaughter!!!

Very insightful for any one that has a pre-teen or teenage girl.

I've recommended it to a few fellow colleagues, so well done. This is a growing problem with many of us scratching our heads. The shock came when my own daughter showed signs, and we all thought of all girls she'd be the last to have this problem. Loved having it in hardback too.

Great survey of recently research on puberty affecting today's young girls. Invaluable advice for nervous parents.

Every parent should read this regardless if you have a daughter. Best to read it when your kids are young as much of what you need to avoid needs to start early.

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