



Cycle Savvy: The Smart Teen s Guide to the Mysteries of Her Body (Paperback)

By Toni Weschler

HarperCollins Publishers Inc, United States, 2006. Paperback. Book Condition: New. 260 x 234 mm. Language: English . Brand New Book. Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period s really going to start?! If you re a teenage girl, you ve probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It s the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and firstperson tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.



Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

-- Tania Cormier

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i recommended this publication to understand.

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