



The Boy's Body Book: Everything You Need to Know for Growing Up YOU (Boys World Books)

By Kelli Dunham

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As boys reach adolescence, everything changes: their bodies, their feelings, and their relationships. Their world turns shaky just when they find it hardest to talk with the adults in their lives. But even if they won't say what's on their mind, they still want straight answers. The Boy's Body Book provides them, in a readable, reassuring, and illustrated guide. It covers a boy's every concern: hygiene, exercise, teachers, peer pressure, sex, and siblings. He'll learn about what's going on physically (vocal changes, body hair) and how to handle academic pressures, deal with out-of-control feelings, make new friends, and stay safe through it all.

This invaluable manual is modeled after the blockbuster American Girl® title, The Care and Keeping of You. Boys haven't had their equivalent and parents, teachers, and booksellers have been demanding one. Here it is...and every boy should own it.

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Editorial Review

Review

“Children deserve correct answers to their questions in clear, basic terms...In addition to talking to your child about the inevitability of puberty, give him books about the topic so he can explore the topic on his own...*The Boy's Body Book*, by Kelli Dunham, is a great introductory guide to questions relating to puberty, relationships, bullying, school pressure, peer pressure, healthy living, and stressful situations. " (Lauren Knight, The Washington Post)

“A great buy for any parent worried about navigating puberty and everything that comes with it.” (Clint Edwards, No Idea What I’m Doing: A Daddy Blog)

“Research in a digestible soundbite? Sign us up for more of those please...We laughed out loud and then had the great conversation that you always hope will start when you hand your kid a book like this one.” (Erin Dymowski and Ellen Williams, Sisterhood of the Sensible Moms)

“Dunham is a registered nurse and a comedian who has assembled experts—including a Coach of the Year and a professor who researches adolescence—to create an informative and fun-to-read resource.” (? Elizabeth Foy Larsen, Unbored: The Essential Field Guide to Serious Fun 2012)

“Aimed at boys ages 10+, this book has lots of sidebars and funny cartoon illustrations, making it easy to pick up and read on any page. It covers a lot of ground, but in a light way.” (Debbie Abrams Kaplan, Frisco Kids)

“As boys reach adolescence, everything changes...But even if they won’t say what’s on their mind, they still want straight answers. *The Boy's Body Book* provides them, in a readable, reassuring, and illustrated guide...He’ll learn about what’s going on physically (vocal changes, body hair) and how to handle academic pressures, deal with feelings, make new friends, and stay safe through it all.” (Park Slope Parents, “Tween Suggested Book/Reading List”)

About the Author

Kelli Dunham, RN, BSN is a nurse, comedian, and author of several books, including *The Boy's Body Book*, *The Girl's Body Book*, *How to Text Boys*, and *How to Text Girls*.

Users Review

From reader reviews:

Leticia Simmons:

Have you spare time for the day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a move, shopping, or went to the particular Mall. How about open or perhaps read a book titled *The Boy's Body Book: Everything You Need to Know for Growing Up YOU (Boys World Books)*? Maybe it is to be best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have various other opinion?

Geraldine Matson:

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Scott Hagen:

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