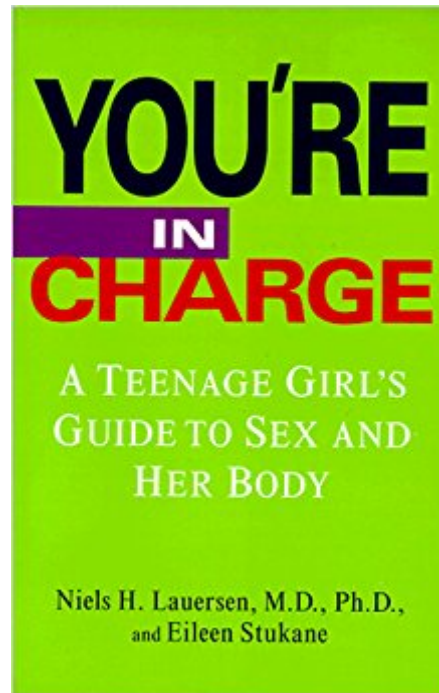




The book was found

You're In Charge



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

Paperback: 356 pages

Publisher: Ballantine Books; 1st edition (March 23, 1993)

Language: English

ISBN-10: 0449904644

ISBN-13: 978-0449904640

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 in Books > Teens >

Personal Health > Personal Hygiene #717 in Books > Teens > Social Issues > Dating & Intimacy
#351060 in 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 interesting 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 their 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.

[Download to continue reading...](#)

[ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH
THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] How to Lead When You're Not in Charge: Leveraging Influence When You Lack Authority What To Do If You Get Colon Cancer: A Specialist Helps You Take Charge and Make Informed Choices Taking Charge of Cancer: What You Need to Know to Get the Best Treatment Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put YOU in the Driver's Seat (A DiaMedica Guide to Optimum Wellness) Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized Worth Every Penny: Build a Business That Thrills Your Customers and Still Charge What You're Worth How Much Should I Charge?: Pricing Basics for Making Money Doing What You Love Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized California Workers' Comp: How to Take Charge When You're Injured on the Job You're in Charge Tanker Operations: A Handbook for the Person-In-Charge (PIC) Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents Take Charge of Your Healthcare Management Career: 50 Lessons That Drive Success Taking

Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health The Thinking Woman's Guide to Breast Cancer: Take Charge of Your Recovery and Remission An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life Take Charge of Your Chronic Pain: The Latest Research, Cutting-Edge Tools, and Alternative Treatments for Feeling Better

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)