



The Care and Keeping of You 2: The Body Book for Older Girls

By Cara Natterson

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This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written by Dr. Cara Natterson for girls 10 and up, The Care & Keeping of You 2 follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

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Editorial Review

About the Author

Dr. Cara Natterson, a graduate of Harvard University and the John Hopkins School of Medicine, is a respected pediatrician. She is an online expert at momlogic.com, parentsask.com, gurumommy.com Dr. Natterson lives in Los Angeles, California with her husband and two children.

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