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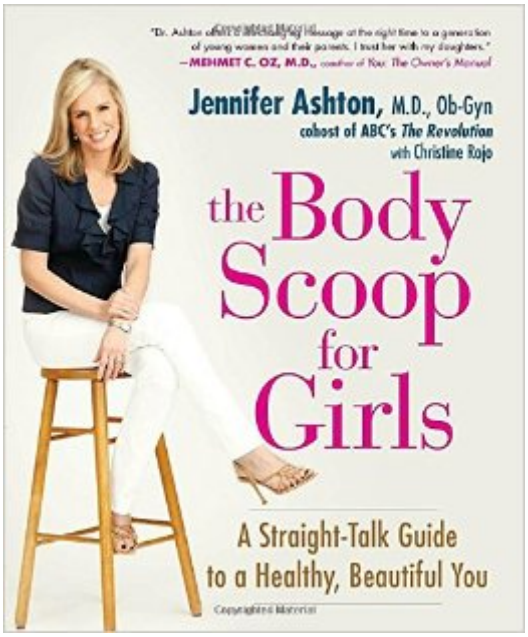
The Body Scoop For Girls: A Straight-Talk Guide To A Healthy, Beautiful You



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Synopsis

An authoritative yet girlfriend-friendly health book for teen and tween girls written by CBS News Medical Correspondent Dr. Jennifer Ashton AS an ob-gyn specialing in adolescent care, Dr. Jennifer Ashton understands better than anyone that being a teenage girl these days is fraught with a special kind of angst. But in her practice she talks openly and nonjudgementally to her young patients like a good friend, answering each of their questions respectfully and with candor. Now she shartes this advice in a no-holds-barred guidebook, based on her passion to cut through the embarrassment that girls often feel about their changing bodies and to arm them with the knowledge they need to make smart choices. A comprehensive guide from head to toe, The Body Scoop for Girls covers the basics of puberty and beyond, including: â ¢Breast development and nipple bumps â ¢The decision to wait to have sex, and the benefits of waiting â ¢Birth control â ¢The lowdown on STIs â ¢Eating Disorders â ¢Depression and hormone imbalances â ¢Grooming, from hair removal to hygiene products â ¢Body piercings Writing in a funny and fresh, girl-to-girl voice, Dr. Ashton has created a totally up-to-date health book that speaks directly to young women and the unique pressures they face today. From a doctor who "gets it," The Body Scoop for Girls makes the road to womanhood an empowering one.

Book Information

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Customer Reviews

This book is written in a format that my daughter can easily relate to. It is written as if you are speaking directly with an informed friend. My teenage daughter and I sat down and read the book together (a nice bonding experience), and every page was enlightening. The book is great for a reference, but I really enjoyed the discussions that were inspired by the topics in the book.I would

suggest this book for daughters, moms, and grandmoms. Having your sons and their dads read it wouldn’t be a bad idea either, maybe they would understand the female sex better.

This book could have helped me when my own daughter was a teen. Now I am giving it to my grand-daughter. Certainly a book which will stay on the library shelf as a quick reference while in the minds of young girls.The format allows for; easy review, clear concise explanations, as well as definitive "what to do" If. Thisbook should be included in every trunk as your daughters head for college.Thank you, Dr. Ashton.

We are so happy to have this book as a resource for our teenage daughter. It is well-written and covers all of the issues that face our adolescent girls today. Dr. Ashton is not preachy with the information, but rather lays all of the facts on the table so that young teens can be empowered to make choices they will be proud of. In todays technological world our girls are exposed to so many suggestive social messages, whether it is through the music they listen to, the magazines they read or the television shows they watch. It seems irresponsible NOT to give them the information and the facts they will need to decipher the truth for themselves. I like that Dr. Ashton walks the girls through exercises that help them think through situations they might find themselves in, and how to handle them. The techniques she uses will certainly help young teens manage situations that are uncomfortable and in which they might wish to extract themselves.This book is a must read for all teenage girls!

I read Dr. Ashton’s book and I had my 16 year old daughter read it too. It’s chock full of important and useful information, written in a style that is inviting, warm, chatty and funny. I loved the shaded blocks with bulleted key points that are worth reinforcing. It’s amazing how much both my daughter and I learned and how many misconceptions Dr. Ashton uncovers and resolves in this book. Teenage girls are a different breed. With all of the pressures of today, it sure is nice to have a reliable resource directed to a complicated time in life. A MUST read !!!!!

Like many young women, I wondered if I was normal during my adolescence, I worried about many things, and I had countless questions about my body and the changes that were occurring. Instead of asking my mother all sorts of embarrassing questions, I learned a lot about myself by reading Our Bodies, Ourselves. Now I have two daughters, and while I try to be open and honest with them, it’s difficult to discuss certain things with them. I felt relieved to find a new book which could help in this

arena. Published in 2009, The Body Scoop for Girls: A Straight-Talk Guide to a Healthy, Beautiful You is a new book by Dr. Jennifer Ashton, M.D. with Christine Larson. Dr. Ashton is a board-certified ob-gyn who specializes in adolescent gynecology and is also a news medical correspondent with CBS. Friendly yet informative, The Body Scoop for Girls is a comprehensive reference book written for young adults, geared toward the special health concerns of young women, with answers to questions girls may ask and information about periods, breasts, hormones, moods, sex, and other health issues. I like that this book provides young women with the facts they need to make educated, informed decisions which will impact their future health. I think girls and their mothers will feel comfortable reading this book, together or separately, and will learn a great deal from it.

This is a great book that EVERY mother and young girl should read. I am a nurse and have always tried to be open and honest with my daughter about her body and sexuality. This book helps me make sure that everything I may have missed telling myself will not be completely missed. Dr. Ashton is open and honest in a light humor kind of way. I purchased this book myself to make sure that it was appropriate for my young daughter and her cousin to read and give it a "five star thumbs up" review. Even with me being a nurse, it is still hard to talk with my daughter about some of the personal issues. Thanks to Dr. Ashton for writing this helpful book for our girls.

Our daughters cannot make sound decisions if they don’t have all the facts. This book is full of facts! I believe all women/girls will benefit from the information provided. Don’t think that your daughters are not talking/thinking about these issues - they are! It is a different time-and-day and a more difficult time for young women than ever before in our society. At least, after reading this book they will not have ignorance as a reason for making poor decisions.

The Body Scoop for Girls is written in an easy to understand format for early teen age girls. I gave this as a gift to my 16 year old grand-daughter and she will pass it on to her cousin who at present is only 7. Their mothers enjoy reading it with their daughters and are there for any questions. A great bonding tool.

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