

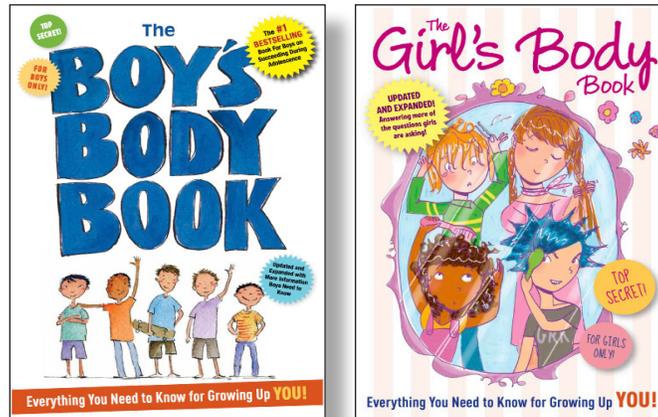
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FOR IMMEDIATE RELEASE

## REVISED EDITIONS OF THE BOY'S AND GIRL'S BODY BOOKS

GIVE ADOLESCENTS THE ULTIMATE GO-TO GUIDE ON GROWING UP IN TODAY'S WORLD



Growing up is hard. But it sure is easier when you have a trusted resource for information on the changes happening in your body and your life. For more than 5 years, *The Boy's Body Book* and *The Girl's Body Book* by Kelli Dunham, RN, have equipped boys and girls facing adolescence with advice on what to expect, what's normal, and how to cope with physical and social changes.

Now, these valuable guides have been revised to include topics such as bullying, peer pressure, moving, divorce, and Internet safety. From puberty to preparing for a career and everything in between, boys and girls can face the future with confidence.

The honest, friendly tone throughout both books takes the mystery out of puberty and encourages adolescents to talk with parents about questions and concerns. Colorful illustrations, quizzes, quotes from other kids, and helpful sidebars containing facts, tips, and expert advice are sprinkled throughout. The text effectively mixes topics that adolescents find awkward with more comfortable matters. The layout accommodates both browsing and straight reading.

For boys, chapters describe growth spurts and other physical changes, body hair, and vocal changes as normal aspects of growing up. Hygiene, exercise, teachers, friends, and safety are also outlined, among other topics. ***The original edition remains the #1 bestselling book for boys on succeeding during adolescence.***

For girls, Dunham discusses physical and emotional changes and tackles topics such as parents, best friends, nutrition, body image, and boys. Sections on high school, part-time jobs, and even career planning help feed a girl's dreams of the future. The abundance of information paired with fun illustrations make this book one that girls come back to time and again.

*The Boy's Body Book* and *The Girl's Body Book* are useful resources for parents and educators in addition to the youths themselves. The books have potential to be used as companions for middle school health classes, youth or scouting groups, and parent-child discussions.

For more information, please contact Alyssa Richard at 207-967-8232 or arichard@cidermillpress.com.

*The Boy's Body Book* by Kelli Dunham, RN; Applesauce Press; March 2014; 9781604333527; \$11.95; Ages 9 and up  
*The Girl's Body Book* by Kelli Dunham, RN; Applesauce Press; March 2014; 9781604333534; \$11.95; Ages 9 and up

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