



Don't Sweat It!: Every Body's Answers to Questions You Don't Want to Ask

Marguerite Crump

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Puberty can be a pain. Who needs acne? B.O.? Stinky feet? Just when you're moving from childhood to adulthood—a time a huge social, emotional, and physical changes—parts of your body betray you. Why does puberty have to make kids feel (and smell, and look) so bad?

Actually, it doesn't. Good hygiene can make a big difference in how kids feel about themselves—and how others feel about them. DON'T SWEAT IT! covers self-care from head to to—from dandruff to breakouts, bad breath to germ hands, body odor to the parts "down there," and finally, smelly feet. Fascinating facts, friendly tips, and funny illustrations combine in a lighthearted approach that kids find appealing. As they smile at the illustrations and laugh at the jokes, they learn the basics of hygiene and why it matters. Recommended for all upper elementary and middle-school students, their parents, teachers, coaches, counselors, and anyone else who cares about kids.

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Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled Don't Sweat It!: Every Body's Answers to Questions You Don't Want to Ask your mind will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each word written in a book then become one type conclusion and explanation that will maybe you never get ahead of. The Don't Sweat It!: Every Body's Answers to Questions You Don't Want to Ask giving you yet another experience more than blown away your brain but also giving you useful data for your better life in this particular era. So now let us teach you the relaxing pattern is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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