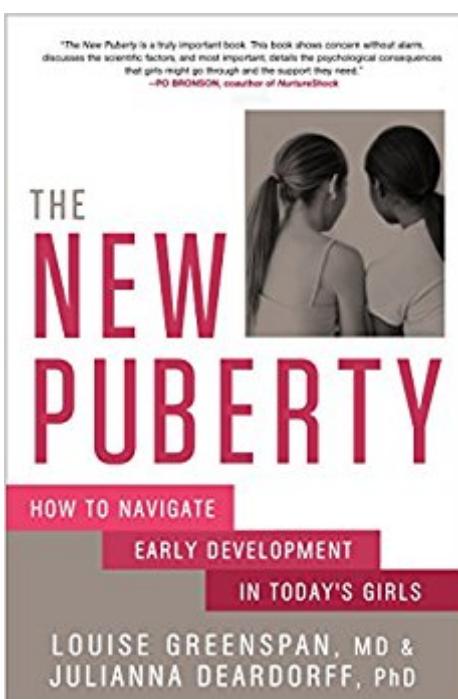


The book was found

The New Puberty: How To Navigate Early Development In Today's Girls



Synopsis

A generation ago, fewer than 5 percent of girls started puberty before the age of 8; today, that percentage has more than doubled. Early puberty is not just a matter of physical transformation—it's also deeply psychological, with a myriad of effects that can put a girl at higher risk for behavioral problems and long-term health challenges. In this reassuring and empowering guide, Louise Greenspan, MD, and Julianna Deardorff, PhD—two leading experts on the root causes and potential consequences of early puberty in girls—deliver vital advice on how to prevent and manage early puberty. They explain surprising triggers—from excess body fat to hormone-mimicking chemicals to emotional stressors in a girl's home and family life—and offer highly practical strategies, including how to limit exposure to certain ingredients in personal care and household products, which foods to eat and which to avoid, ways to improve a child's sleep routine to promote healthy biology, and more. *The New Puberty* is an engaging, urgently needed road map to helping young girls move forward with confidence, ensuring their future well-being.

Book Information

Paperback: 272 pages

Publisher: Rodale Books; Reprint edition (October 20, 2015)

Language: English

ISBN-10: 1623365988

ISBN-13: 978-1623365981

Product Dimensions: 6.1 x 0.7 x 0.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #94,404 in Books (See Top 100 in Books) #77 in Books > Medical Books > Psychology > Adolescent Psychology #82 in Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #90 in Books > Parenting & Relationships > Parenting > Parenting Girls

Customer Reviews

“*The New Puberty* is a truly important book. Without jumping to conclusions, this book shows concern without alarm, discusses the scientific factors that could be triggering it, and most important details the psychological consequences that girls might go through, and the support they need.” Po Bronson, co-author of *NurtureShock* “*The New Puberty* is a

treasure trove of information. In it, the authors take a deep dive into the psychology and biology of teen girls. It is destined to become a classic for parents and educators. Louann Brizendine, MD, author of *The Female Brain* and founder/director of the Women's and Teen Girl's Mood and Hormone Clinic, UCSF
"Filled with surprising and fascinating research, as well as practical and empowering strategies, *The New Puberty* is a book every parent and health practitioner needs to read." David Kessler, author of the New York Times bestselling *The End of Overeating* and former commissioner of the US Food and Drug Administration
"Increasingly parents are asking why their children are heading into puberty at a much younger age than they ever did. Combining their backgrounds as both scientists and parents, Greenspan and Deardorff give them all of the answers they are looking for. *The New Puberty* explains why our changing world has affected our kids' bodies--then guides parents on what they can do. Anyone who has a young girl will want to read this book!" Cara Natterson, MD, pediatrician and New York Times bestselling author of *The Care and Keeping of You 2*

Louise Greenspan, MD, and Julianna Deardorff, PhD, won the 2013 Community Breast Cancer Research Award from Zero Breast Cancer. They have contributed to Time, Science, New York Times Magazine, US News and World Report, Good Morning America, and NPR. They live in San Francisco.

As a mom of preteen daughters, I found this book to be insightful, informative and also practical. I wish I had this book when my daughters were younger! I especially loved all the practical information offered in Chapter 5- How to manage environmental risks and Chapter 8- Don't have the "talk", start the conversation. If you have daughters, this is a "must have" book to add to your parenting library.

Very well written. Fascinating data and a clear review of the science behind puberty.

Really enjoyed this book, my daughter is just hitting puberty. .but as I didn't have her until I was almost 40 things are different today. I actually enjoyed the science behind puberty and definitely recommend this book.

Great for my granddaughter!!!

Very insightful for any one that has a pre-teen or teenage girl.

I've recommended it to a few fellow colleagues, so well done. This is a growing problem with many of us scratching our heads. The shock came when my own daughter showed signs, and we all thought of all girls she'd be the last to have this problem. Loved having it in hardback too.

Great survey of recently research on puberty affecting today's young girls. Invaluable advice for nervous parents.

Every parent should read this regardless if you have a daughter. Best to read it when your kids are young as much of what you need to avoid needs to start early.

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

The New Puberty: How to Navigate Early Development in Today's Girls The Essential Guide to Puberty In Girls: How to Talk to Your Daughter About Sex, Puberty, and a Girl's First Period Puberty In Boys: How to Talk to Your Son About Sex and Puberty Puberty Survival Guide for Girls I'm A Boy, My Changing Body (Ages 8 to 10): Anatomy For Kids Book Prepares Younger Boys For Early Changes As They Enter Puberty (I'm a Boy 2) The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World How To Navigate Through Federal Prison And Gain An Early Release Coloring Books for Girls: Inspirational Coloring Book for Girls: A Gorgeous Coloring Book for Girls 2017 (Cute, Relaxing, Inspiring, Quotes, Color, ... Books Ages 2-4, 4-8, 9-12, Teen & Adults) Animafé© nude young hentai fund of sex Áœ Hot manga pictures 2: Sexy girls animafé© nude girls, sexy animafé©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animafé©) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Animafé© nude young hentai fund of sex Áœ Hot manga pictures 1: Sexy girls animafé© nude girls, sexy animafé©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animafé©) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Basketball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades "What's

Happening to Me?" A Guide to Puberty Will Puberty Last My Whole Life?: REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff What's Happening To Me?: An Illustrated Guide to Puberty Puberty Girl

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)