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Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens

Marisa C. Weiss, Isabel Friedman

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The real facts about your “girls” and how to take care of them

“Well, all my friends think they will never have breasts—and it’s not funny—because a lot of girls feel this way.”
—Elena, 13

“I went up two sizes over summer break! I started seventh grade with a ‘C’ cup. Then my breasts got weird pink stripes on the side. What happened?”
—Veronica, 12

Girls are as anxious and confused about their breasts as ever. That’s why Marisa Weiss, M.D., an oncologist and breast health specialist, and her teenage daughter, Isabel, decided to create *Taking Care of Your “Girls.”* Together, they polled more than three thousand girls and their moms and came up with a surprisingly huge list of worries and misconceptions. Based on their research, you’ll get answers to questions like:

• How do I know when I need to get my first bra—and what kind should I get?
• Do big breasts have a higher risk of breast cancer than small ones?
• How do I get rid of stretch marks?
• When will my breasts stop growing?
• How do I examine my own breasts?
• Will the size of my breasts even out?
• Do tanning, antiperspirants, wearing a bra at night, and talking on a cell phone cause breast cancer?

A groundbreaking book for both mothers and daughters, *Taking Care of Your “Girls”* is a practical guide to breast care and a girl-to-girl conversation about the feelings and emotions that come with the territory.

“This all-in-one, indispensable breast health guide captures exactly what teen girls and their moms really need: practical, easy-to-read, great advice. It’s one of the best gifts you can give to your girl.”
—Harvey Karp, M.D., F.A.A.P., author of *The Happiest Toddler on the Block*, board member of Healthy Child, Healthy World

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Donna Miller:

The book Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens make one feel enjoy for your spare time. You should use to make your capable a lot more increase. Book can to become your best friend when you getting anxiety or having big problem with the subject. If you can make reading a book Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens for being your habit, you can get much more advantages, like add your current capable, increase your knowledge about a number of or all subjects. You may know everything if you like start and read a guide Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens. Kinds of book are several. It means that, science guide or encyclopedia or others. So , how do you think about this reserve?

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Cherly Plaster:

On this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple way to have that. What you should do is just spending your time almost no but quite enough to have a look at some books. One of several books in the top list in your reading list is definitely Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens. This book that is certainly qualified as The Hungry Slopes can get you closer in becoming precious person. By looking up and review this book you can get many advantages.

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