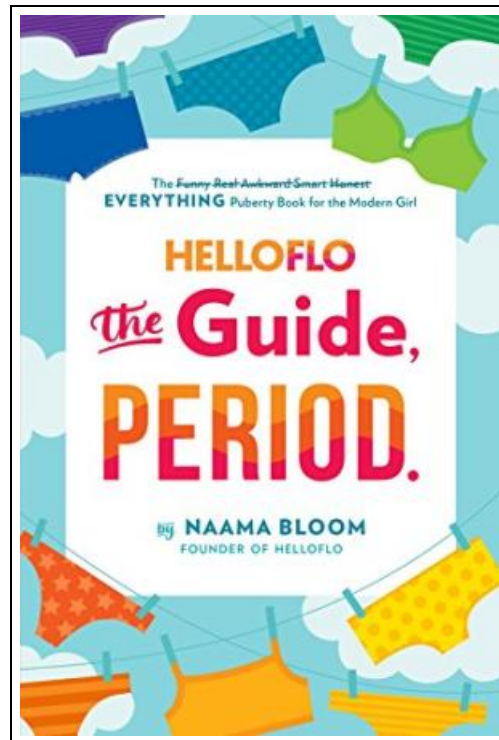


## Helloflo: The Guide, Period.: The Everything Puberty Book for the Modern Girl (Paperback)



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### **Reviews**

*Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.  
(Prof. Devon Bernhard PhD)*

## HELLOFLO: THE GUIDE, PERIOD.: THE EVERYTHING PUBERTY BOOK FOR THE MODERN GIRL (PAPERBACK)



Penguin Putnam Inc, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. What we love most about this book (which we'll be gifting to our tween cousins, nieces, and daughters!) is the empowering message woven throughout: that your body is your body, as Bloom puts it, and you're the only one who gets to decide what to do with it. -- Full of practical advice, helpful explanations, and messages of encouragement. Period. -- From the founder of HelloFlo, a modern and insightful guide to periods and puberty for a new generation. When will I get boobs? Does wearing a tampon hurt? What's the deal with menstrual cups? Seriously, when will I get boobs? Honest, funny, and unafraid of the messy, real-life facts about a girl's changing body, this is definitely not your mother's puberty book. HelloFlo founder Naama Bloom's mission is to create informed, empowered young women who are unafraid to ask questions and make the best choices for themselves and their bodies. A celebration of women's bodies and all the confusing, uncomfortable, silly, transformative, and powerful changes that occur during puberty. This full-color book--written by HelloFlo founder, Naama Bloom, and journalist Glynnis MacNicol--features bright, diverse, approachable illustrations and infographics, doctor-vetted information, and personal testimonials from real girls and women.



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