



Dr Christian's Guide to Growing Up

By Christian Jessen, Dave Sample

Scholastic. Paperback. Book Condition: new. BRAND NEW, Dr Christian's Guide to Growing Up, Christian Jessen, Dave Sample, Finally TV's favourite doctor, Dr Christian, comes to the rescue of parents, boys and girls to answer all their questions about adolescence, sexuality and puberty. In his assured, no-nonsense fashion Dr Christian allays the fears, and uncertainties of growing youngsters (and helps parents find answers) about puberty, sex, personal and emotional health and body image. Leave it on the coffee table or sit down and go through it together - this book is a godsend for every family household with children under the age of 15. Addressing all those cringey questions parents squirm at answering, Dr Christian's sensible, light-hearted advice guides boys and girls on the path to be coming healthy, happy adults. Covering issues such as: * Puberty * Diet * Sex * Sexuality * Self-esteem/body image * Personal health * Emotional health * Bullying.



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Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**

This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

-- **Caden Buckridge**