



## Dr Christian's Guide to Growing Up

By Christian Jessen, Dave Semple

Scholastic. Paperback. Book Condition: new. BRAND NEW, Dr Christian's Guide to Growing Up, Christian Jessen, Dave Semple, 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 becoming healthy, happy adults. Covering issues such as: \* Puberty \* Diet \* Sex \* Sexuality \* Self-esteem/body image \* Personal health \* Emotional health \* Bullying.



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