



# The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body

By Walt Larimore MD, MD Amaryllis Sanchez Wohlever

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### Because Growing Up Shouldn't Be a Mystery

Girls' bodies do the craziest things! They can kick soccer balls and spin perfect pirouettes, or they can trip up the stairs and break out in zits. As you grow and your body goes through some pretty wild changes, you might be wondering things like: Why don't I look like her? I have to use *that*? Is this normal? And, *Why is this happening to me?*

*The Ultimate Body Book for Girls* answers all those awkward questions you'd rather not ask your mom—at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you—no matter how weird growing up can be.

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### Editorial Review

From School Library Journal

Gr 4–8—Family doctors Larimore and Wohlever team up to provide Christian, scripture-based answers to common concerns. The 35 questions include "What does it mean to be healthy?," "Why do I look so different from the girls I see on TV?," "What's the big deal about modesty?," and "Sex—part of God's plan? Are you serious?" Additional questions cover tattooing, piercing, and other topics that may be of concern to tweens and teens. Each question is thoughtfully answered, and biblical passages provide spiritual context as the final word. The concluding section contains online additional resources that share the authors' viewpoint and give further support for girls and parents looking for faith-based health guides. Communities and schools who share the authors' perspective may find this volume a fine addition.—Elaine Baran Black, Georgia Public Library Service, Atlanta

### About the Author

Walt Larimore, MD, has been called 'one of the best known family physicians in America' and has been listed in the Best Doctors in America, The Guide to America's Top Family Doctors, and Who's Who in Medicine and Healthcare, and the International Health Professionals of the Year. He is also a best-selling author who has written, co-written, or edited thirty books. His writing has been recognized with a number of national awards, including a Christianity Today Book of the Year award, a Retailers Choice book award, three Silver Medallion Book Awards, three Gold Medallion Book Award nominations, and three Christy Award nominations. He and his wife, Barb, have two grown children, two grandchildren, and live in the Colorado Springs area with their tabby, Jack. His website is [DrWalt.com](http://DrWalt.com) and his Morning Glory, Evening Grace devotions can be found at [Devotional.DrWalt.com](http://Devotional.DrWalt.com).

**Amaryllis Sánchez Wohlever, MD** is a pastor's wife, family physician, and inspirational speaker. Her life was transformed years ago through a heartfelt prayer. Since then, her work as a doctor turned into a ministry as she learned to care for people from the heart. She strives to care for the soul and minister to the spirit while treating the body. She received the AMA Achievement Award and the Psychiatry Clinical Excellence & Research Award, among others. Her greatest joy comes from knowing God and making Him known, sharing life with her loving husband and children, and from continually pursuing opportunities to share the gift of hope. Like Mother Teresa urged, she now lives to do "small things with great love."

Her devotional, *Walking with Jesus in Healthcare*, has reached healthcare professionals as far as Kenya and Australia. She envisions growing communities of healthcare servants who pray and tap into God's wisdom, power, and love *while* caring for others. She blogs at [DrMarisFaithStop.com](http://DrMarisFaithStop.com). Her author website is [faithfulMD.wordpress.com](http://faithfulMD.wordpress.com).

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#### **Lisa Marsh:**

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