



Changing You!: A Guide to Body Changes and Sexuality

Gail Saltz

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An honest and reassuring guide to puberty for elementary school children

Puberty can be an exciting and confusing time for children. In the follow-up to her bestselling *Amazing You!*, Dr. Gail Saltz navigates the curiosity and confusion that youngsters feel as they start to notice the changes their bodies undergo. She also talks about reproduction and emerging sexuality all with her renowned brand of warmth and candor. This refreshingly accessible picture book also includes an author's note to parents.

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Benjamin Manno:

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