

LOOKING GOOD

HOW TO KEEP YOURSELF
TIDY - AND LOOKING THE
BEST YOU CAN



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ISBN 978-1-913832-99-5



During the period known as puberty, which can last anywhere between four or five years, your body will grow and change shape as never before. Everybody's growth period and rate is different – and there are changes too between the sexes.

These changes bring a fresh batch of challenges including body hair, pimples, sweating, and so on. How can you keep these under control?

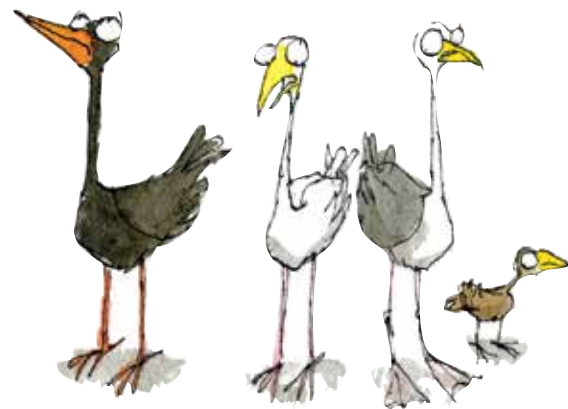
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LOVE your body!

Puberty is both a scary and exciting time of your life, but the key thing is that you're not alone! Whatever you go through over the next few years, you can be sure that every other boy and girl is going through much the same set of experiences.

One thing does seem very personal though – and that's the way your body starts to change its shape. And not necessarily in the way you want it to!



Growth spurts!

The speed at which you grow is triggered by a hormone produced in your brain. It comes from the pituitary gland. This gland triggers messages to your cells to make them grow. During puberty, your hormones become overactive and stimulate growth at an amazing speed. This rarely happens smoothly though – more in fits and starts.

