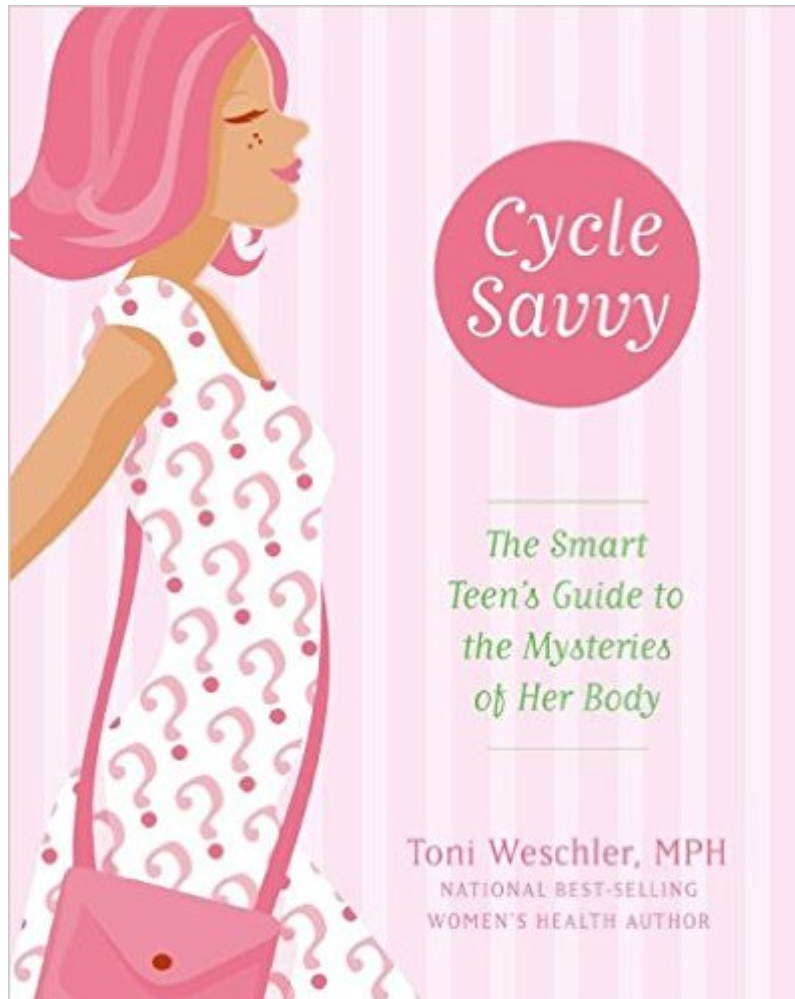


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# Cycle Savvy: The Smart Teen's Guide To The Mysteries Of Her Body



## Synopsis

Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.

## Book Information

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## Customer Reviews

I was so excited when I found Cycle Savvy! I bought it and read it before I gave it to my little sister. It talks all about the female cycle and what to expect throughout your cycle. It goes over the reproductive system, what the symptoms of an infection are, what to expect on your first pelvic exam, general gynecological health, how to chart your cycle, etc... There are cool pictures, games/tests at the end of each chapter so you can see if you learned the basic points, and the personal accounts throughout the book are really helpful. I like that it doesn't encourage charting your cycle for birth control, but it does have information on contraceptives and STD's/STI's. I found that this book is mostly geared toward teens that aren't sexually active but I think that it is a good read for the ones that are. I bought Taking Charge of Your Fertility before I bought this one for my younger sister. I

was astounded with all the information about my body that no one ever bothered telling me. Why weren't we taught this in Health class, or why didn't I find all this out from my Mom or Sister at least!?!? I then realized that they were all ignorant of this information. How could they teach me when they were ignorant of it in the first place. I wished someone had been knowledgeable enough to hand me Cycle Savvy when I was in Highschool. It would have saved me a lot of confusion and self loathing when all those bodily changes were taking place. I decided to start informing the people around me of this awesome info. I told my friends, mom, and older sister about Taking Charge of Your Fertility, but then I came to a problem when I thought of my 13 year old sister and I knew she needed this information the most. I knew she would get overwhelmed by such a big book and she didn't need to know about achieving pregnancy and menopause. I was so happy to find Cycle Savvy! It allowed me to be a better role model and provide my little sister with the information about her body that she deserves to know. Let's choose knowledge for our teens over ignorance.

As a physician specializing in fertility, I see a lot of chronic reproductive health problems (and their devastating consequences) in my adult patients that could have been prevented if the patient had been provided with quality reproductive education as a teenager. This book provides the information young women need to make decisions at a young age that will impact their health across the lifespan. Thank you, Toni for making my job easier and for preserving the reproductive health of the next generation. Dr. Susan Carr

How did teenagers survive before Cycle Savvy? We floundered in ignorance, that's how. No more! Toni Weschler never talks down to her readers as she covers everything from the nuts and bolts of menstruation to the insidious nature of modern advertising to the emotional and physical benefits of delaying sex. Girls will learn how to keep track of the not-so-mysterious-anymore wonders of their bodies, and discover how useful this information will be for the rest of their lives. I am so excited to share this book with my daughter...and my son! Guys need to know, too, you know!

I bought this for my teenage daughter having read the author's first book and having listened to her on local radio. I did not force the book on my daughter but simply left it on the table. I've watched my daughter pick it up and read from time to time and I can see she is absorbed at times. The book has a huge amount of biological science written into it yet the diagrams are illustrative of the concepts making it easier to read. We don't talk much about the topic but I am certain it is making a difference in my daughter's awareness which can only help me as a parent.

I highly recommend this book as the perfect gift for high school girls. It is a comprehensive guide to everything you need to know about your body, with the biological information entertainingly presented in conversational language, broken up by fun illustrations, charts, and thought-provoking personal anecdotes. After reading it, teen girls will have the vital information they need to make intelligent choices about their bodies, rather than being influenced by peer pressure. With two daughters, I am glad to have this book on our shelf and am recommending it to all my friends! It is the new "Our Bodies, Ourselves" for this generation!!!

If only this book had been around when I was a teen! Great, solid information shared in a straight forward way that will assist young girls in getting past the hypersexualization that they face today and move into a core of true self respect and self esteem. This book is a blessing.

As a huge fan of Taking Charge of Your Fertility, I was eager to see how author Toni Weschler addresses the much more delicate issues of teenage health and sexuality in her most recent book Cycle Savvy. I was especially interested to see if this book could "translate" all the essential information on reproductive health and wellness without falling down the slippery slope of pregnancy prevention and achievement. While many aspects of FAM are incredibly important for all girls and women, I saw a potential problem here, especially for families who believe in abstinence-only sex education. I am pleased to say that Ms. Weschler addressed all these issues with good humor, sensitivity and the utmost discretion. Teenage girls will learn valuable information that will help them throughout their lives, and families can feel comfortable knowing that the information contained in this book is absolutely essential and age-appropriate. I only wish that this book had been written when I was a teenager! Reading this at 16 would have saved me over a decade of suffering due to my own ignorance and inability to understand my body and care for myself. Cycle Savvy is a wonderful, insightful and enlightening read for teenagers and their families!

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