



PERIOD. A Girl's Guide

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Editor's Note

At a time when so many things are sexualized, one can only wonder why the education of children and adolescents about sexual matters is handled so poorly. This little book, originally offered by the small publisher, Volcano Press, and republished by Book Peddlers, has sold over 200,000 copies. A young woman is our reviewer. This is a good book for doctors with preadolescent daughters.

—Vincent J Felitti, MD

When I first opened the pages of *PERIOD. A Girl's Guide*, I was hesitant to revisit the days of my first experiences with puberty. But this book exceeded my expectations and made even the most uncomfortable topic easy to read. *PERIOD: A Girls Guide* discusses everything a young woman needs to know as her body undergoes various changes. There is nothing left out, from diagrams of a woman's body to the first visit with a gynecologist.

I was most impressed by the manner in which the information is brought about. The words are not too

complex but at the same time, I did not feel like I was reading a book for six year olds. The most important thing for many young women when learning about menstruation is the need to feel mature. This book delivers the necessary information in a tone meant for young adults. Furthermore, the book found the happy medium between too much information and not enough detail. For example, the pictures were not too revealing and gave me a general idea. I was also pleased that this book touched on a significant issue: everyone is different. I was worried when I was younger about getting my period later than many girls my age. This book assures girls that it is okay to be different because everyone's bodies mature at different times.

I enjoyed reading *PERIOD. A Girl's Guide* and I wish that I had read it when I first experienced menstruation. It is important that every young woman understand what her body is going through, and this book succeeds in answering many essential questions. I would definitely recommend this book to any young girl; moreover, I would recommend it to all women who would like to know more about how our bodies work. ❖

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Prime Matter

... for the natural substance of the menstrual fluid is to be classed as "prime matter."

—Aristotle, 384-322 BC, Greek philosopher