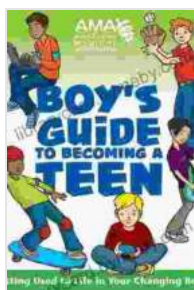


The American Medical Association Boy's Guide to Becoming a Teen

The American Medical Association Boy's Guide to Becoming a Teen is the most comprehensive and up-to-date resource available for boys on the physical, emotional, and social changes they will experience during puberty.



American Medical Association Boy's Guide to Becoming a Teen by Kate Gruenwald Pfeifer

★★★★☆ 4.6 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 3977 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 129 pages |
| Lending | : Enabled |



Written by a team of experts from the American Medical Association, this book covers everything from the basics of puberty to the more complex issues that boys may face, such as acne, voice changes, and mood swings.

The book is divided into three sections:

- **The Physical Changes of Puberty**

- **The Emotional and Social Changes of Puberty**
- **Healthy Habits for Teen Boys**

The first section of the book provides a detailed overview of the physical changes that boys will experience during puberty. This includes information on growth spurts, voice changes, acne, and body hair.

The second section of the book discusses the emotional and social changes that boys may face during puberty. This includes information on mood swings, relationships, and peer pressure.

The third section of the book provides tips and advice on healthy habits for teen boys. This includes information on nutrition, exercise, and sleep.

The American Medical Association Boy's Guide to Becoming a Teen is an essential resource for any boy who is about to enter or is already in puberty. This book will help boys understand the changes they are going through and will provide them with the tools they need to make healthy choices.

Table of Contents

- **Chapter 1: What is Puberty?**
- **Chapter 2: The Physical Changes of Puberty**
- **Chapter 3: The Emotional and Social Changes of Puberty**
- **Chapter 4: Healthy Habits for Teen Boys**
- **Chapter 5: Puberty and Your Future**

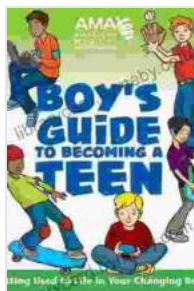
About the Authors

The American Medical Association Boy's Guide to Becoming a Teen was written by a team of experts from the American Medical Association. These experts include:

- **Dr. Robert Blum**, a pediatrician and author of numerous books on child health
- **Dr. Alan Kazdin**, a psychologist and author of numerous books on child and adolescent behavior
- **Dr. S. Michael Krous**, a pediatrician and author of numerous books on adolescent health

Free Download Your Copy Today!

The American Medical Association Boy's Guide to Becoming a Teen is available for Free Download online and at bookstores nationwide. Free Download your copy today and help your son make a healthy transition into adolescence.



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