

it's perfectly normal book pdf

it's perfectly normal book pdf is a highly sought resource for parents, educators, and young readers seeking reliable, age-appropriate information about puberty, body changes, and emotional development. This comprehensive guide, authored by Robie H. Harris, provides clear, factual explanations alongside supportive illustrations that help normalize the natural processes of growing up. The availability of the it's perfectly normal book pdf format has made it easier for readers worldwide to access this important educational material conveniently. This article explores the book's content, its significance in children's health education, and the benefits of having access to the it's perfectly normal book pdf. Detailed insights into where and how to obtain the pdf version legally and safely will also be discussed. The article concludes by highlighting the value of this resource in fostering healthy conversations about puberty and personal development.

- Overview of It's Perfectly Normal Book
- Importance of the It's Perfectly Normal Book PDF
- Key Topics Covered in the Book
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- Educational Impact and Reception

Overview of It's Perfectly Normal Book

The book titled *It's Perfectly Normal* is a landmark publication that addresses the sensitive topic of puberty and sexual health for children and young adolescents. Written by Robie H. Harris and illustrated by Michael Emberley, it has been praised for its straightforward language and respectful approach. The book covers a wide range of subjects including physical changes during puberty, emotional growth, safe practices, and understanding one's body. The approachable style makes it suitable for children aged 10 and above, as well as parents and educators seeking a trustworthy resource.

Background and Purpose

Originally published in 1994, the book was designed to fill a gap in children's literature by providing medically accurate information in an accessible format. Its purpose is to demystify common questions about puberty and sexuality, promoting healthy attitudes and reducing anxiety among young readers. The book encourages open dialogue between children and adults, which is critical for healthy development.

Author and Illustrator Contributions

Robie H. Harris is a renowned author known for her expertise in children's health and educational books. Michael Emberley's detailed and sensitive illustrations complement the text, making complex concepts easier to understand. Together, their collaboration ensures the content is both informative and engaging.

Importance of the It's Perfectly Normal Book PDF

The availability of the **it's perfectly normal book pdf** format enhances accessibility, allowing readers to obtain the book instantly across various devices such as tablets, smartphones, and computers. This digital format supports the growing demand for convenient learning tools and supplements traditional printed editions.

Accessibility for Diverse Audiences

The pdf version is especially important for individuals in remote or underserved areas where physical copies might not be available. Schools, libraries, and families benefit from the ability to distribute the book digitally, ensuring that critical information about puberty and sexual health reaches a broad audience without delay.

Advantages for Educators and Parents

Using the **it's perfectly normal book pdf** allows educators and parents to integrate the material into digital lesson plans, presentations, and home discussions efficiently. The format supports easy navigation, highlighting, and note-taking, which are valuable for educational purposes.

Key Topics Covered in the Book

The content of the book is organized to cover all essential aspects of puberty and growing up in a comprehensive yet age-appropriate manner. This ensures that readers gain a well-rounded understanding of the physical, emotional, and social changes they may experience.

Physical Changes During Puberty

The book explains the biological processes including menstruation, erections, voice changes, body hair growth, and acne. It uses simple language supported by clear illustrations to normalize these developments and reduce embarrassment or confusion.

Emotional and Social Development

Beyond physical changes, the book addresses mood swings, developing self-identity, peer pressure, and relationships. It highlights the importance of respecting oneself and others, promoting empathy and responsible behavior.

Health and Safety

Topics such as hygiene, prevention of sexually transmitted infections, consent, and safe practices are covered to provide young readers with essential knowledge for making informed decisions. The book encourages readers to seek help and ask questions without shame.

Supportive Resources

The book also includes sections on where to find additional help, trusted adults to talk to, and encourages open communication at home and school environments.

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Searchability and Interactivity

Users can quickly search for specific topics, bookmark important sections, and add personal notes or highlights. These interactive features enhance the learning experience and retention of information.

Cost-Effectiveness and Environmental Impact

Digital copies reduce printing and distribution costs, making the book more affordable and accessible. Additionally, the pdf format supports environmental sustainability by minimizing paper usage.

Inclusive Features

Many pdf readers offer accessibility options such as text-to-speech, adjustable font sizes, and contrast settings, making the book usable for readers with different needs.

Educational Impact and Reception

The it's perfectly normal book has had a significant positive impact on sexual health education since its initial release. Its reputation continues to grow, supported by both user feedback and educational endorsements.

Recognition by Health and Educational Organizations

Numerous health educators and child development specialists recommend the book as a trusted resource. It has received awards for excellence in educational content and illustration, reinforcing its credibility.

Role in Promoting Healthy Dialogue

By providing clear and honest information, the book facilitates open conversations between children and adults, reducing stigma and confusion around puberty. This helps build confidence and emotional resilience in young readers.

Ongoing Updates and Editions

The book has been updated periodically to reflect new medical information and cultural considerations. The pdf format allows for timely distribution of these updates, ensuring readers have access to the most current content.

Community and Parental Feedback

Many parents and educators report that the book helps overcome challenges related to discussing puberty and sexuality. The approachable tone and comprehensive coverage make it a valuable tool in homes and classrooms.

Summary of Key Features in It's Perfectly Normal Book PDF

- Comprehensive coverage of puberty, emotional growth, and health
- Clear, age-appropriate language and illustrations
- Accessible digital format for use on multiple devices
- Supports open communication between children and adults
- Available through authorized publishers and educational institutions
- Inclusion of health, safety, and consent education
- Interactive and searchable features enhancing user experience
- Recognized and recommended by health professionals and educators

Frequently Asked Questions

Where can I legally download the PDF of 'It's Perfectly Normal' book?

The PDF of 'It's Perfectly Normal' by Robie H. Harris is typically available for purchase or borrowing through official platforms like Amazon Kindle, Google Books, or public libraries. Downloading it from unauthorized sources may infringe copyright laws.

Is 'It's Perfectly Normal' book appropriate for all age groups?

Yes, 'It's Perfectly Normal' is designed for children and young adolescents to educate them about puberty, sexual health, and body changes in an age-appropriate and sensitive manner.

Does 'It's Perfectly Normal' cover topics on LGBTQ+ issues?

Yes, the book includes information about different sexual orientations and gender identities, promoting inclusivity and understanding.

Can I use 'It's Perfectly Normal' PDF for educational purposes?

You can use the book for educational purposes if you have legally obtained a copy. Schools and educators often use this book as a resource to teach students about puberty and sexual health.

Are there updated editions of 'It's Perfectly Normal' available in PDF format?

Yes, the author and publisher periodically release updated editions to reflect current information. Check official publishers' websites or authorized sellers for the latest editions in PDF or other formats.

Is 'It's Perfectly Normal' available in multiple languages as a PDF?

Yes, 'It's Perfectly Normal' has been translated into various languages, and some versions may be available in PDF format through authorized distributors or libraries.

Additional Resources

1. *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families*

This book is a follow-up to "It's Perfectly Normal" and is designed for younger readers. It explains the basics of human reproduction, pregnancy, and birth in a straightforward and

age-appropriate manner. The book also discusses different types of families and emphasizes the importance of respect and understanding.

2. What's Happening to Me? A Guide to Puberty

Aimed at pre-teens and early teens, this book covers the physical and emotional changes that occur during puberty. It provides clear explanations about growth, body changes, and feelings, helping readers understand and navigate this transitional period with confidence. The tone is reassuring and supportive.

3. Sex is a Funny Word: A Book about Bodies, Feelings, and YOU

This inclusive and affirming book explores topics of gender, sexuality, and identity for young readers. It encourages self-discovery and respect for diversity in how people express themselves. The book also covers bodily changes and feelings in a gentle, accessible way.

4. The Care and Keeping of You: The Body Book for Younger Girls

This guide focuses on helping young girls understand and care for their changing bodies during puberty. It includes practical advice on hygiene, health, and emotional well-being. The book is empowering and written in a friendly, approachable style.

5. Guy Stuff: The Body Book for Boys

Specifically written for boys entering puberty, this book explains bodily changes, hygiene, and emotional health. It addresses common questions and concerns in a straightforward and respectful tone. The book aims to build confidence and self-awareness.

6. Sex, Puberty, and All That Stuff: A Guide to Growing Up

A comprehensive guide for pre-teens and teens about puberty, relationships, and sexuality. It combines factual information with advice on communication, self-esteem, and decision-making. The book is designed to be a trusted resource for young people and their caregivers.

7. Changing You: A Guide to Body Changes and Sexuality

This book covers puberty and the emotional changes accompanying it, with a focus on inclusivity and respect for all identities. It offers clear, age-appropriate explanations and encourages healthy conversations about sexuality and relationships. The tone is positive and supportive.

8. Sexuality Education: Theory and Practice

Intended for educators and parents, this book provides a framework for teaching sexuality education effectively. It discusses best practices, curriculum design, and how to address sensitive topics with young people. The book supports creating a safe and informative learning environment.

9. Growing Up Great!: The Ultimate Puberty Book for Boys

This engaging guide helps boys understand the physical and emotional changes they experience during puberty. It covers topics such as body image, hygiene, and relationships with humor and honesty. The book aims to promote healthy development and self-confidence.

It S Perfectly Normal Book Pdf

It's Perfectly Normal: A Guide to Understanding Your Body

Author: Dr. Evelyn Reed (Fictional Author)

Book Outline:

Introduction: Normalizing puberty and body changes. Addressing societal pressures and unrealistic beauty standards.

Chapter 1: Puberty and Physical Changes: Detailed explanation of hormonal changes, growth spurts, and secondary sexual characteristics in both boys and girls. Addressing variations in timing and experiences.

Chapter 2: Emotional and Social Changes: Discussing mood swings, self-esteem issues, peer pressure, and building healthy relationships during puberty. Techniques for managing emotions and navigating social situations.

Chapter 3: Body Image and Self-Acceptance: Challenging societal ideals of beauty, promoting self-love and body positivity. Strategies for combating negative self-talk and building confidence.

Chapter 4: Sexual Health and Safety: Comprehensive discussion of sexual health, including reproductive anatomy, menstruation, sexual activity, and safe sex practices. Dispelling myths and providing accurate information.

Chapter 5: Mental Health and Well-being: Recognizing and addressing mental health concerns common during puberty, such as anxiety, depression, and eating disorders. Offering resources and coping mechanisms.

Chapter 6: Nutrition and Exercise: The importance of healthy eating habits and regular physical activity for physical and mental well-being during puberty. Debunking fad diets and promoting balanced nutrition.

Conclusion: Reinforcing the message of self-acceptance, embracing individuality, and seeking help when needed. Resources and further reading suggestions.

It's Perfectly Normal: Navigating the Journey of Puberty

Puberty. That word alone can evoke a mix of emotions – excitement, anxiety, confusion, even fear. For young people, this transitional period is a rollercoaster of physical, emotional, and social changes. "It's Perfectly Normal" aims to be a reassuring guide, a companion on this journey, emphasizing that the often-turbulent waters of puberty are, in fact, perfectly normal. This book provides age-appropriate information and practical strategies to help young people navigate this crucial stage of development with confidence and self-compassion.

1. Puberty and Physical Changes: Embracing the

Transformation

Puberty, driven by hormonal shifts, marks the transition from childhood to adulthood. This chapter provides a detailed, yet accessible, explanation of the physical changes experienced by both boys and girls. It's crucial to address the variations in timing; puberty doesn't follow a rigid timetable. Some individuals may experience early puberty, others late, and all variations fall within the spectrum of normal.

Understanding Hormonal Changes: The book meticulously explains the roles of hormones like estrogen and testosterone in triggering growth spurts, the development of secondary sexual characteristics (breast development, pubic hair, menstruation in girls; facial hair, voice deepening, and testicular growth in boys), and changes in body composition. Clear, age-appropriate diagrams and illustrations make complex biological processes easily understandable.

Addressing Concerns: This section proactively tackles common anxieties related to physical changes. Concerns about body odor, acne, and the timing of puberty are addressed with straightforward advice and reassurance. The book normalizes these experiences, emphasizing that they are a natural part of development and not something to be ashamed of.

Variations and Individual Differences: The chapter highlights the wide range of "normal" in puberty. It explicitly states that there's no single "right" way to go through puberty, emphasizing the importance of accepting individual differences in timing and physical manifestation. This helps to alleviate anxieties related to comparisons with peers.

2. Emotional and Social Changes: Navigating the Rollercoaster

Puberty is not just a physical transformation; it's a profound emotional and social journey. This chapter focuses on the emotional rollercoaster that often accompanies puberty, addressing mood swings, self-esteem issues, and the challenges of navigating complex social dynamics.

Mood Swings Explained: The book acknowledges the intense and sometimes unpredictable mood swings characteristic of puberty. It provides a scientific explanation for these fluctuations, linking them to hormonal changes. This understanding helps young people to contextualize their experiences and avoid self-blame.

Self-Esteem and Body Image: This section directly tackles the challenges to self-esteem and body image that can arise during puberty. The book emphasizes the importance of self-acceptance and encourages healthy body image, challenging societal beauty standards that often lead to negative self-perception.

Navigating Social Relationships: Puberty brings about changes in social dynamics. This chapter provides advice on building healthy relationships with peers, family, and significant others. It explores topics like peer pressure, bullying, and the importance of communication and assertiveness.

skills.

Building Resilience: The chapter emphasizes the development of coping mechanisms for managing stress and emotional challenges. It introduces practical strategies such as mindfulness, relaxation techniques, and healthy ways to express emotions.

3. Body Image and Self-Acceptance: Loving Your Unique Self

This chapter is dedicated to promoting self-love and body positivity. It directly challenges the unrealistic and often unattainable beauty standards perpetuated by media and social media.

Challenging Societal Ideals: The book critically examines how media and social media often present narrow and unrealistic depictions of beauty. It encourages critical thinking about these images and promotes the recognition of diverse beauty standards.

Strategies for Self-Acceptance: Practical strategies are offered to help young people cultivate self-love and acceptance. These might include positive self-talk, identifying personal strengths, and focusing on self-care practices.

Celebrating Individuality: The book strongly emphasizes the uniqueness and beauty of individual differences. It encourages readers to embrace their own bodies and celebrate their unique features rather than striving for an unattainable ideal.

Seeking Support: The chapter highlights the importance of seeking support from trusted adults, friends, and mental health professionals when facing challenges related to body image and self-esteem.

4. Sexual Health and Safety: Making Informed Choices

This chapter provides comprehensive and age-appropriate information about sexual health and safety. It aims to dispel myths and provide accurate information about reproductive anatomy, menstruation, sexual activity, and safe sex practices.

Reproductive Health Education: This section offers a clear and concise explanation of reproductive anatomy and physiology in both boys and girls. It discusses menstruation, ovulation, and other reproductive processes in a factual and non-judgmental manner.

Sexual Activity and Consent: The chapter addresses sexual activity in a responsible and age-appropriate way. It emphasizes the importance of consent, healthy relationships, and safe sex practices. It addresses issues such as sexually transmitted infections (STIs) and pregnancy.

prevention.

Dispelling Myths: Common myths and misconceptions about sexuality are addressed and debunked. This helps to provide young people with accurate information to make informed choices.

Seeking Help and Resources: The book provides information about resources for accessing sexual health services, including information about contraception and STI testing.

5. Mental Health and Well-being: Prioritizing Your Mental Health

This chapter recognizes that mental health is an integral part of overall well-being, especially during the challenging period of puberty.

Identifying Mental Health Concerns: The book discusses common mental health concerns during puberty, such as anxiety, depression, eating disorders, and body dysmorphia. It provides clear explanations of these conditions and their symptoms.

Coping Mechanisms and Strategies: Practical strategies for managing stress, anxiety, and other mental health challenges are provided. Techniques such as mindfulness, relaxation exercises, and journaling are suggested.

Seeking Professional Help: The chapter emphasizes the importance of seeking professional help when needed. It provides information about accessing mental health services and resources.

Building Resilience: The book focuses on building resilience, equipping young people with the tools to navigate challenges and maintain their mental well-being.

6. Nutrition and Exercise: Fueling Your Body and Mind

This chapter highlights the importance of a healthy lifestyle during puberty, focusing on nutrition and physical activity.

Balanced Nutrition: The book provides guidance on balanced nutrition, emphasizing the importance of a variety of fruits, vegetables, whole grains, and lean protein. It debunks fad diets and promotes healthy eating habits.

The Benefits of Exercise: The chapter explains the numerous physical and mental health benefits of regular physical activity. It encourages participation in enjoyable physical activities, promoting a positive relationship with exercise.

Building Healthy Habits: The focus is on establishing healthy lifestyle habits that will support long-term physical and mental well-being.

Conclusion: Embracing Your Journey

The conclusion reinforces the message of self-acceptance, individuality, and the importance of seeking help when needed. It provides a recap of the key takeaways and offers resources and further reading suggestions to continue the journey of self-discovery and growth.

FAQs

1. Is it normal to feel anxious during puberty? Yes, anxiety is a common experience during puberty due to hormonal changes and social pressures.
2. When should I talk to a doctor about puberty changes? If you have significant concerns about your physical or emotional changes, consult a doctor.
3. How can I improve my body image? Practice self-compassion, challenge negative thoughts, and focus on your strengths.
4. What are some healthy ways to manage stress during puberty? Exercise, mindfulness, and spending time with loved ones can help.
5. Where can I find more information about sexual health? Reputable websites and healthcare providers are great resources.
6. Is it normal to have mood swings during puberty? Yes, hormonal changes cause fluctuations in mood.
7. How can I cope with peer pressure? Develop strong self-esteem and surround yourself with positive influences.
8. What should I eat to support my growth during puberty? Focus on a balanced diet rich in fruits, vegetables, and whole grains.
9. Where can I find help if I'm struggling with mental health issues? Talk to a trusted adult, school counselor, or mental health professional.

Related Articles:

1. Understanding Menstrual Cycles: A detailed guide to the female reproductive cycle.
2. Managing Acne During Puberty: Tips and treatments for acne breakouts.
3. The Importance of Self-Care for Teens: Self-care practices to promote well-being.
4. Navigating Social Media and Body Image: Tips for healthy social media use.
5. Dealing with Peer Pressure and Bullying: Strategies for coping with negative social influences.
6. Healthy Eating Habits for Teenagers: Nutrition guidelines for adolescents.

7. Exercise and Fitness for Teens: Promoting physical activity during adolescence.
8. Understanding Anxiety and Depression in Teens: Recognizing signs and seeking help.
9. Sexual Health Resources for Teenagers: Where to find accurate and reliable information.

it s perfectly normal book pdf: It's Perfectly Normal Robie H. Harris, 2021-05-18 Fully and fearlessly updated, this vital new edition of the acclaimed book on sex, sexuality, bodies, and puberty deserves a spot in every family's library. With more than 1.5 million copies in print, It's Perfectly Normal has been a trusted resource on sexuality for more than twenty-five years. Rigorously vetted by experts, this is the most ambitiously updated edition yet, featuring to-the-minute information and language accompanied by new and refreshed art. Updates include: * A shift to gender-neutral vocabulary throughout * An expansion on LGBTQIA topics, gender identity, sex, and sexuality—making this a sexual health book for all readers * Coverage of recent advances in methods of sexual safety and contraception with corresponding illustrations * A revised section on abortion, including developments in the shifting politics and legislation as well as an accurate, honest overview * A sensitive and detailed expansion on the topics of sexual abuse, the importance of consent, and destigmatizing HIV/AIDS * A modern understanding of social media and the internet that tackles rapidly changing technology to highlight its benefits and pitfalls and ways to stay safe online Inclusive and accessible, this newest edition of It's Perfectly Normal provides young people with the knowledge and vocabulary they need to understand their bodies, relationships, and identities in order to make responsible decisions and stay healthy.

it s perfectly normal book pdf: It's Not the Stork! Robie H. Harris, 2024-07-23 In their previous landmark volumes . . . Harris and Emberley established themselves as the purveyors of reader-friendly, straightforward information on human sexuality for readers as young as seven. Here they successfully tackle the big questions . . . for even younger kids. — The Horn Book (starred review) Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are some parts of girls' and boys' bodies the same and why are some parts different? How was I made? Where do babies come from? Is it true that a stork brings babies to mommies and daddies? It's Not the Stork! helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Two irresistible cartoon characters, a curious bird and a squeamish bee, provide comic relief and give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of. Back matter includes an index.

it s perfectly normal book pdf: Let's Talk about Sex Robie H. Harris, 2005 Written for adolescents, this book provides frank, up-to-date and reassuring information on all aspects of growing up, puberty, sex and sexual health.

it s perfectly normal book pdf: The Sexual Health Guide | Men's Health and Women's Health | With Sex Positions Elena Nicolaou, 2019-07-15 This book is well written for both male & female and has nice pictures and drawings. I want to Say, If you're looking for some magic formula to enhance your sex life, there is having. If you're looking for some magic formula to enhance your sex life, there is having.

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novel that is also an exploration of the great philosophical concepts of Western thought, Jostein Gaarder's *Sophie's World* has fired the imagination of readers all over the world, with more than twenty million copies in print. One day fourteen-year-old Sophie Amundsen comes home from school to find in her mailbox two notes, with one question on each: Who are you? and Where does the world come from? From that irresistible beginning, Sophie becomes obsessed with questions that take her far beyond what she knows of her Norwegian village. Through those letters, she enrolls in a kind of correspondence course, covering Socrates to Sartre, with a mysterious philosopher, while receiving letters addressed to another girl. Who is Hilde? And why does her mail keep turning up? To unravel this riddle, Sophie must use the philosophy she is learning—but the truth turns out to be far more complicated than she could have imagined.

it s perfectly normal book pdf: *The Book of R* Tilman M. Davies, 2016-07-16 *The Book of R* is a comprehensive, beginner-friendly guide to R, the world's most popular programming language for statistical analysis. Even if you have no programming experience and little more than a grounding in the basics of mathematics, you'll find everything you need to begin using R effectively for statistical analysis. You'll start with the basics, like how to handle data and write simple programs, before moving on to more advanced topics, like producing statistical summaries of your data and performing statistical tests and modeling. You'll even learn how to create impressive data visualizations with R's basic graphics tools and contributed packages, like ggplot2 and ggvis, as well as interactive 3D visualizations using the rgl package. Dozens of hands-on exercises (with downloadable solutions) take you from theory to practice, as you learn: -The fundamentals of programming in R, including how to write data frames, create functions, and use variables, statements, and loops -Statistical concepts like exploratory data analysis, probabilities, hypothesis tests, and regression modeling, and how to execute them in R -How to access R's thousands of functions, libraries, and data sets -How to draw valid and useful conclusions from your data -How to create publication-quality graphics of your results Combining detailed explanations with real-world examples and exercises, this book will provide you with a solid understanding of both statistics and the depth of R's functionality. Make *The Book of R* your doorway into the growing world of data analysis.

it s perfectly normal book pdf: *Flipped* Wendelin Van Draanen, 2003-05-13 A classic he-said-she-said romantic comedy! This updated anniversary edition offers story-behind-the-story revelations from author Wendelin Van Draanen. The first time she saw him, she flipped. The first time he saw her, he ran. That was the second grade, but not much has changed by the seventh. Juli says: "My Bryce. Still walking around with my first kiss." He says: "It's been six years of strategic avoidance and social discomfort." But in the eighth grade everything gets turned upside down: just as Bryce is thinking that there's maybe more to Juli than meets the eye, she's thinking that he's not quite all he seemed. This is a classic romantic comedy of errors told in alternating chapters by two fresh, funny voices. The updated anniversary edition contains 32 pages of extra backmatter: essays from Wendelin Van Draanen on her sources of inspiration, on the making of the movie of *Flipped*, on why she'll never write a sequel, and a selection of the amazing fan mail she's received. Awards and accolades for *Flipped*: SLJ Top 100 Children's Novels of all time IRA-CBC Children's Choice IRA Teacher's Choice Honor winner, Judy Lopez Memorial Award/WNBA Winner of the California Young Reader Medal "We flipped over this fantastic book, its gutsy girl Juli and its wise, wonderful ending." — The Chicago Tribune "Van Draanen has another winner in this eighth-grade 'he-said, she-said' romance. A fast, funny, egg-cellent winner." — SLJ, Starred review "With a charismatic leading lady kids will flip over, a compelling dynamic between the two narrators and a resonant ending, this novel is a great deal larger than the sum of its parts." — Publishers Weekly, Starred review

it s perfectly normal book pdf: *The Ugly Truth* Jeff Kinney, 2012 *Diary of a Wimpy Kid: The Ugly Truth* is the massively funny fifth title in the highly-illustrated, bestselling and award-winning *Diary of a Wimpy Kid* series by Jeff Kinney. Perfect for both boys and girls of 8+, reluctant readers and all the millions of devoted *Wimpy Kid* fans out there. You can also discover Greg on the big screen in any one of the three *Wimpy Kid* Movie box office smashes. The massively funny fifth book in

the bestselling and award-winning Diary of a Wimpy Kid series. Greg Heffley has always been in a hurry to grow up. But is getting older really all it's cracked up to be? Suddenly Greg is dealing with the pressures of boy-girl parties, increased responsibilities, and even the awkward changes that come with getting older. And after a fight with his best friend Rowley, it looks like Greg is going to have to face the ugly truth all by himself . . . Praise for Jeff Kinney and the Diary of a Wimpy Kid series: 'The world has gone crazy for Jeff Kinney's Diary of a Wimpy Kid series' - Sun 'Kinney is right up there with J K Rowling as one of the bestselling children's authors on the planet' - Independent 'Hilarious!' - Sunday Telegraph 'The most hotly anticipated children's book of the year is here - Diary of a Wimpy Kid' - The Big Issue As well as being an international bestselling author, Jeff Kinney is also an online developer and designer. He is the creator of the children's virtual world, poptropica where you can also find the Wimpy Kid boardwalk. He was named one of Time magazine's 100 Most Influential People in 2009. He lives with his family in Massachusetts, USA. www.wimpykidclub.co.uk

it s perfectly normal book pdf: *Talk to Me First* Deborah Roffman, 2012-07-31 We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; sexting and bullying are on the rise at an increasingly younger age, and teen moms are celebrated. What is a concerned -- and embarrassed -- parent to do? With wit, wisdom, and savvy, Deborah Roffman translates her experiences gleaned from decades of teaching kids and parents, and as a mom, into strategies to help parents navigate this tricky terrain. *Talk to Me First* is for any parent who wants to become and remain the most credible and influential resource about sexuality in their children's lives.

it s perfectly normal book pdf: *Five Feet Apart* Rachael Lippincott, 2019-02-05 Also a major motion picture starring Cole Sprouse and Haley Lu Richardson! Goodreads Choice Winner, Best Young Adult Fiction of 2019 In this #1 New York Times bestselling novel that's perfect for fans of John Green's *The Fault in Our Stars*, two teens fall in love with just one minor complication—they can't get within a few feet of each other without risking their lives. Can you love someone you can never touch? Stella Grant likes to be in control—even though her totally out of control lungs have sent her in and out of the hospital most of her life. At this point, what Stella needs to control most is keeping herself away from anyone or anything that might pass along an infection and jeopardize the possibility of a lung transplant. Six feet apart. No exceptions. The only thing Will Newman wants to be in control of is getting out of this hospital. He couldn't care less about his treatments, or a fancy new clinical drug trial. Soon, he'll turn eighteen and then he'll be able to unplug all these machines and actually go see the world, not just its hospitals. Will's exactly what Stella needs to stay away from. If he so much as breathes on Stella, she could lose her spot on the transplant list. Either one of them could die. The only way to stay alive is to stay apart. But suddenly six feet doesn't feel like safety. It feels like punishment. What if they could steal back just a little bit of the space their broken lungs have stolen from them? Would five feet apart really be so dangerous if it stops their hearts from breaking too?

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—The New Yorker Nevada is a book that changed my life: it shaped both my worldview and personhood, making me the writer I am. And it did so by the oldest of methods, by telling a wise, hilarious, and gripping story. —Torrey Peters, author of Detransition, Baby A beloved and blistering cult classic and finalist for the Lambda Literary Award for Transgender Fiction finally back in print, Nevada follows a disaffected trans woman as she embarks on a cross-country road trip. Maria Griffiths is almost thirty and works at a used bookstore in New York City while trying to stay true to her punk values. She's in love with her bike but not with her girlfriend, Steph. She takes random pills and drinks more than is good for her, but doesn't inject anything except, when she remembers, estrogen, because she's trans. Everything is mostly fine until Maria and Steph break up, sending Maria into a tailspin, and then onto a cross-country trek in the car she steals from Steph. She ends up in the backwater town of Star City, Nevada, where she meets James, who is probably but not certainly trans, and who reminds Maria of her younger self. As Maria finds herself in the awkward position of trans role model, she realizes that she could become James's savior—or his downfall. One of the most beloved cult novels of our time and a landmark of trans literature, Imogen Binnie's Nevada is a blistering, heartfelt, and evergreen coming-of-age story, and a punk-smeared excavation of marginalized life under capitalism. Guided by an instantly memorable, terminally self-aware protagonist—and back in print featuring a new afterword by the author—Nevada is the great American road novel flipped on its head for a new generation.

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