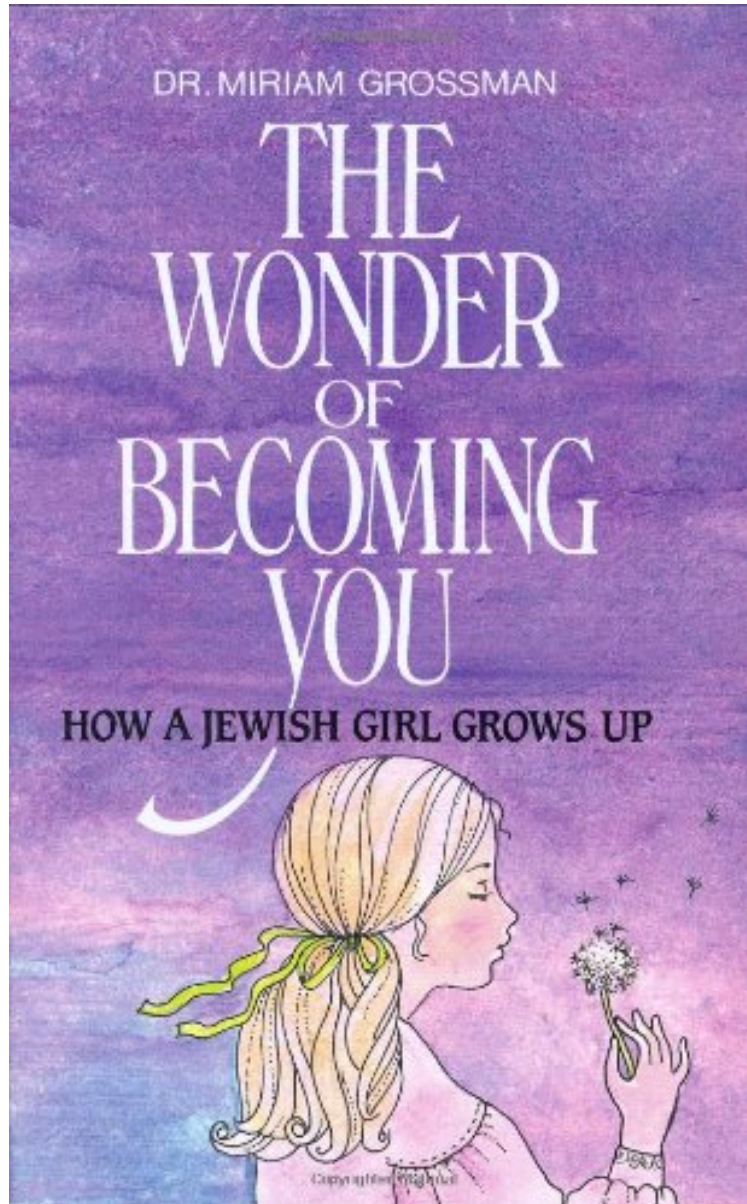


[Pdf free] Wonder of Becoming You: How a Jewish Girl Grows Up

Wonder of Becoming You: How a Jewish Girl Grows Up

Miriam Grossman M.D.

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Miriam Grossman M.D. : **Wonder of Becoming You: How a Jewish Girl Grows Up** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wonder of Becoming You: How a Jewish Girl Grows Up:

0 of 0 people found the following review helpful. For Every Jewish Tween GirlBy Charles_BenderOther books about

reaching puberty and getting your period only describe the mechanics of the biological process. This book explains the spiritual significance according to Jewish law. 1 of 1 people found the following review helpful. Informative, modest and helpful. By Pdx Fam. A refreshing approach to teaching young girls about their growing bodies. 0 of 0 people found the following review helpful. Just what I wanted. By mommy writer. A good way to introduce the subject with just the right amount of information. My daughter read it quickly, and we discussed. It is from the orthodox perspective, and we are conservative, so the section on modest dress needed some clarification. Made for a nice discussion about modesty and what guidelines we have in place.

The changes a young girl experiences in her pre-teen to teen years both physical and emotional is a complex, delicate subject, but in the capable hands of Dr. Miriam Grossman, readers will find a straightforward discussion of everything young girls need to know about changes in the way they look, and in the way they feel. In chapters that are easy to understand, along with instructive illustrations, Dr. Grossman addresses the physiology of puberty, what happens in the body, why these changes occur and how to relate to them. More importantly, the author provides a fundamental spiritual perspective with an emphasis on modesty and how these changes prepare a maturing Jewish girl to her higher calling as a responsible adult and Jewish motherhood. When it comes to dealing with the challenges and meaning of a girl's growing up, *The Wonder of Becoming You* is a clear and reassuring guide that parents, educators, and young readers can turn to with confidence.