



O corpo das garotas (Bate-papo com Jairo Bouer) (Portuguese Edition)

Jairo Bouer

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Toda garota passa por um período em que o mundo parece de cabeça para baixo: de uma hora para outra, o corpo começa a mudar sem muita explicação, e raramente é do jeito que se gostaria.

De forma clara e objetiva, o doutor Jairo Bouer procura esclarecer as principais dúvidas que uma garota tem nessa conturbada fase que é a puberdade: como é a anatomia dos órgãos femininos internos e externos, a reação dos hormônios, o crescimento dos seios e o desenvolvimento do corpo. Traz ainda dicas de como eliminar pelos indesejados, como tratar de cravos e espinhas, como funciona a menstruação e muito mais.

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