BODY: The infographic book of us is the ultimate visual guide to the human body broken down into thematic sections of the physical, chemical, genetic, sensitive, coordinated, thinking, growing and medical body. Information fathered together by established author Steve Parker, will be beautifully displayed through the striking and accessible graphics with a similar aesthetic of Taste. Moving away from the tired treatment of an anatomical guide, this is an accessible and beautiful approach to a popular science topic. In a reassuring and honest companion to Amazing You!, the author helps elementary school-age children better understand body changes, reproduction, and emerging sexuality. Reprint. For more than 20 years, Trail Guide to the Body has been helping instructors deliver lessons in clear and
memorable ways. With the new edition, it will be even easier to deepen students' understanding of surface anatomy and mastery of palpation. - New full-color illustrations convey the most life-like representations of anatomical structures. - Chapter introductions with pre-learning questions improve comprehension and retention. - Concise clinical stories provide relevance and real-life application. - Newly designed icons and headings help students quickly locate critical content. - Updated anatomical terminology reflects the latest consensus. "Many people struggle with loving their bodies, but it's especially difficult for girls as they grow up. Girls face a lot of pressure to look a certain way, and the pursuit of a "perfect" body can lead to low self-esteem, feeling ashamed, depression, or even eating disorders. This book will help you understand how internal and external factors such as puberty, media images, social media, and peer pressure contribute to how you see yourself, and it will give you ways to combat the negative feelings and behaviors that come along with negative body image. This book will also help you understand and value all body types, and learn how to be less judgmental and more compassionate toward every body"-- In Through the Body, Dymphna Callery introduces the reader to the principles behind the work of key practitioners of 20th-century theater including Artaud, Grotowski, Brook and Lecoq. She offers exercises that turn their theories into practice and explore their principles in action. BURN FAT, NOT TIME The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women—from the ultra-fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best—and only—equipment you need to get in shape is free and always accessible: your own body. This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a week—and with no machinery or weights—you can achieve the toned arms, flatter abs, tighter buns, and killer legs you’ve always wanted. You won’t build bulk, you’ll build strength, and turn your body into a fat-burning machine. Featuring 120 different exercises in five movement categories—Pulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bending—and with three ascending levels of difficulty, Body by You ensures that you’ll never get bored by the same static workout. And with such a small time commitment—less than one percent of your time every
week!—it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, Body by You will help you meet your individual fitness goals. Ultimately, it’s not about moving through the gym with ease, it’s about moving through your life with ease—leaner, stronger, more confident, and with more energy. Human Body: A Wearable Product Designer's Guide, unlike other anatomy books, is divided into sections pertinent to wearable product designers. Two introductory chapters include many definitions, an introduction to anatomical terminology, and brief discussions of the body’s systems, setting the stage for the remaining chapters. The book is extensively referenced and has a large glossary with both anatomical and design terms making it maximally useful for interdisciplinary collaborative work. The book includes 200 original illustrations and many product examples to demonstrate relationships between wearable product components and anatomy. Exercises introduce useful anatomical, physiological, and biomechanical concepts and include design challenges. Features Includes body region chapters on head and neck, upper torso and arms, lower torso and legs, the mid-torso, hands, feet, and a chapter on the body as a whole Contains short sections on growth and development, pregnancy, and aging as well as sections on posture, gait, and designing total body garments Describes important regional muscles and their actions as well as joint range of motion (ROM) definitions and data with applications to designing motion into wearable products Presents appendices correlating to each body region's anatomy with instructions for landmarking and measuring the body, a valuable resource for a lifetime of designing A detailed holistic program for redesigning your relationship with your body and life, helping you feel younger, healthier, and more alive—regardless of your age Expanding on the principles in the landmark bestseller The Body Ecology Diet, this excitingly anticipated book provides a blueprint for restoring a vital friendship with our bodies as the years pass; and creating beauty, longevity, and well-being in ourselves and our world. Through diet, nutrition, and unique anti-aging therapies, Donna Gates—the originator of Body Ecology, a world-renowned system of healing—shows us how we can live fuller, healthier, more meaningful lives. What’s Inside: • Anti-aging remedies that will make you feel and look younger • The missing piece to all traditional diet programs • Insight into why we age and how we can prevent it • Little-known wellness secrets that address the stresses and pressures of
our modern world • Superfood recommendations for increased energy, vitality, and disease prevention A fascinating blend of cutting-edge medical information, practical health advice, and spiritual wisdom, The Body Ecology Guide to Growing Younger is relevant for people of any age. This groundbreaking book suggests that we don’t simply have to age gracefully, we can age with panache. PMBOK® Guide is the go-to resource for project management practitioners. The project management profession has significantly evolved due to emerging technology, new approaches and rapid market changes. Reflecting this evolution, The Standard for Project Management enumerates 12 principles of project management and the PMBOK® Guide & Seventh Edition is structured around eight project performance domains. This edition is designed to address practitioners' current and future needs and to help them be more proactive, innovative and nimble in enabling desired project outcomes. This edition of the PMBOK® Guide: • Reflects the full range of development approaches (predictive, adaptive, hybrid, etc.); • Provides an entire section devoted to tailoring the development approach and processes; • Includes an expanded list of models, methods, and artifacts; • Focuses on not just delivering project outputs but also enabling outcomes; and • Integrates with PMIstandards+™ for information and standards application content based on project type, development approach, and industry sector. Discusses the various physical changes that come with adolescence in girls How to induce a safe, controlled out-of-body experience using physical and mental methods. Astral projection, the ability to “leave the body” at will, is a phenomenon that has long fascinated both the scientific world and the general public. If you have been curious about this strange power and are now ready to take your curiosity one step further, here is a complete guide to eight genuine methods that have been proven to induce out-of-body experiences. In plain, straightforward language, this realistic guide explains the techniques and potential applications of astral projection through dynamic concentration, progressive muscular relaxation, dietary control, guided imagery, and others. Explore God’s Amazing Design... You! Every day our bodies process massive amounts of information and enable us to perform incredible feats. The ability to move our fingers across piano keys, fill a glass with water, read a book—all these simple actions mask miracles beneath the skin. Have you ever wondered... how a baby develops in the mother's womb? how our eyes capture the world around us? how we breathe, chew, and
walk? Discover astonishing facts about the circulatory, nervous, respiratory, and immune systems. Find out how DNA serves as the basic building instructions for every part of the body. Guide to the Human Body will show you how the complexity of our design points to one magnificent Engineer!

Do you have a closet full of clothes and nothing to wear? Do you struggle to find the clothing you like? Do you get frustrated when you find clothes you like but then they don't fit your body? Are you overwhelmed by choices? Veteran merchandiser, buyer and fashion executive Melody Edmondson teaches you the secret to buying clothes you'll love to wear, and it's not about weight! Your Fashion Guide Based on Body Shape and THE SPACE OF THE WAIST(r) celebrates the body you have and teaches you how to shop like a professional stylist, breeze through stores with confidence to find the clothes that are meant for your body, maximize your Assets, feel great in your clothes and love the body you have! (edition 2, updated 9/15/2015)

The first book offering support for parents and carers of children and young people with Body Dysmorphic Disorder (BDD), this guidebook explains the condition as well as the impact that it may have in education settings, family life and socialisation. The guide begins by explaining how and why BDD emerges, before moving onto an exploration of how the mental health condition presents itself emotionally, psychologically, physically and behaviourally. It then offers practical advice and guidance for parents and carers on talking to their child about BDD, seeking professional treatment, considering medication, managing social media use, working with schools to build a recovery team and more. The Parent's Guide to Body Dysmorphic Disorder is an essential guidebook for parents of children of children and young people with BDD.

Everything today's CPA candidates need to pass the CPA Exam Published annually, this Auditing and Attestation volume of the comprehensive four-volume paperback reviews all current AICPA content requirements in auditing and attestation. Many of the questions are taken directly from previous CPA exams. With 2,800 multiple-choice questions in all four volumes, these study guides provide all the information candidates need to master in order to pass the computerized Uniform CPA Examination. Its unique modular format helps you zero in on those areas that need more attention and organize your study program. Complete sample exam The most effective system available to prepare for the CPA exam—proven for over thirty years Timely—up-to-the-minute coverage for the computerized exam Contains all current AICPA content
requirements in auditing and attestation Unique modular format—helps candidates zero in on areas that need work, organize their study program, and concentrate their efforts Comprehensive questions—over 2,800 multiple-choice questions and their solutions in the four volumes Guidelines, pointers, and tips—show how to build knowledge in a logical and reinforcing way Other titles by Whittington: Audit Sampling: An Introduction, Fifth Edition Wiley CPA Exam Review 2014 arms test-takers with detailed outlines, study guidelines, and skill-building problems to help candidates identify, focus on, and master the specific topics that need the most work. An Easy to Digest Summary Guide... ★☆BONUS MATERIAL AVAILABLE INSIDE★☆ The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ♦ Maybe you haven't read the book, but want a short summary to save time? ♦ Maybe you'd just like a summarized version to refer to in the future? ♦ In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the "The Body"(full book); which this is not, simply type in the name of the book in the search bar of your bookstore. Preparing your organization for innovation -- Promoting and communicating -- Personal creativity for entrepreneurs -- Corporate creativity and innovation -- Innovation theory for entrepreneurs -- Business essentials for innovative entrepreneurs -- Innovation readiness and deployment -- The innovation process -- Innovation and consumer/customer insight -- Building a strong organizational foundation for innovation -- Innovation methods -- Managing an intellectual property portfolio -- Triz & Stem joined at the hip -- Global innovation problem areas and quality of R&D ideas -- Total innovation management for excellence (time) NEW YORK TIMES BESTSELLER • Bill Bryson, bestselling author of A Short History of Nearly Everything, takes us on a head-to-toe tour of the marvel that is the human body—with a new afterword for this edition. Bill Bryson once again proves himself to be an incomparable companion as he guides us through the human body—how it functions, its remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, The Body will lead you to a deeper understanding
of the miracle that is life in general and you in particular. As Bill Bryson writes, “We pass our existence within this wobble of flesh and yet take it almost entirely for granted.” The Body will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-read owner’s manual for every body. Provides comprehensive explanations about basic body functions, from where food goes when eaten to how the eyelashes do their work, in an illustrated reference that is complemented by three acetate pages detailing how muscles, bones and organs fit together. Packed with introspective questions and gorgeous, un-retouched photographs that display the bodies of real, everyday women aimed at teaching young women that every body is beautiful and happiness comes in all shapes and sizes. A Foreword Reviews recommended title for Mental Health Awareness Month A celebration of the amazing human machine and a life on the move! Your amazing body can jump, sprint, twist, and twirl. Your body is built to move. Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that’s the ultimate goal. Studies show that American kids are becoming more sedentary and more overweight and that they carry these tendencies with them into adolescence and adulthood. Experts agree that we need to help kids make physical activity a life-long habit. Through education, information, and encouragement, this book aims to inspire a new generation of busy bodies! Your Body is Listening. Are You? Deepen your spirituality, heal old wounds, and enhance your emotional and physical wellness by engaging in a conversation with your body. This innovative, down-to-earth guide teaches you how to listen to, understand, and work with your body's innate wisdom in everyday living. A Guide to Body Wisdom provides step-by-step instruction on how to create a personalized self-care regimen that works. You'll learn to quiet your mind and live consciously in your body through a variety of practices, including breathwork, mindful eating, meditation, affirmation, and positive habit building. Featuring simple exercises and techniques, as well as a Body IQ quiz, this valuable book helps you end negative thinking, develop intuition, improve relationships, boost creativity and personal power, and much more. Includes a foreword by Judith Aston-Linderoth, creator and director of Aston Kinetics Praise:
"While we have learned during the past few decades the importance of emotions and beliefs in health, the body has too often been neglected, or regarded as a mechanical object that sooner or later is doomed to fail. In A Guide to Body Wisdom, Ann Brode gives the body its due by showing how it can function as a source of wisdom and strength in total harmony with the mind. Brode's perspective is long overdue, offering a holistic, balanced view of what it means to be human."—Larry Dossey, MD, author of One Mind

"This book includes a myriad of everyday ways to awaken and experience the body's innate intelligence. It is full of interesting facts, intriguing exercises, and useful strategies."—Risa Kaparo, PhD, somatic psychotherapist, creator of Somatic Learning, and author of Awakening Somatic Intelligence

This study guide is the companion to Stephanie Paulsell's Honoring the Body— the exquisite, sensitive book that reveals how we can learn to celebrate the body's pleasures, protect the body's vulnerabilities, and develop the practices that will ultimately transform our troubled relationship with our bodies to one of honor and joy. This guide is a practical resource for those who want to explore more fully the lessons and practices outlined in Stephanie Paulsell's insightful and instructive book.

"There is little doubt that middle school students are in an often confusing time of quest and discovery, especially issues concerning their bodies, their sexuality, and their future. Specifically designed for 6th through 8th grades, this program uses a great mix of stories, real-life examples, activities, prayers, and cultural references that are relevant in the lives of middle school students."

- informational page. This starter pack includes the Leader's guide, student work book, parent's guide, DVD set and 2 informational pages. The EDBOK explains industry processes and technologies using a standard vocabulary. The topics follow two common timelines: 1) The day-to-day Production Workflow, which covers ten production job-steps that every document goes through, from Data to Doorstep. 2) The long-term Document Lifecycle, which covers the life of a document and includes requirements gathering, business-casing, development, and ongoing production. Your body is a masterpiece created by God. In this fun and down-to-earth handbook for girls age 8 to 12, you'll find answers to questions about your changing body, including... what physical changes to expect and how to handle them tips on hair care, makeup, nutrition, exercise, and more how to use your body to fulfill your highest purpose—bringing glory God This fun-to-use book on all the "girl
stuff" headed your way introduces you to the beauty of your body from a rich Bible-based perspective. You can look forward to what God has planned for you because it's great to be a girl! An essential reference for HR professionals A Guide to the HR Body of Knowledge (HRBoKTM) from HR Certification Institute (HRCI®) is an essential reference book for HR professionals and a must-have guide for those who wish to further their expertise and career in the HR field. This book will help HR professionals align their organizations with essential practices while also covering the Core Knowledge Requirements for all exams administered by HRCI. Filled with authoritative insights into the six areas of HR functional expertise: Business Management and Strategy; Workforce Planning and Employment; Human Resource Development; Compensation and Benefits; Employee and Labor Relations; and Risk Management, this volume also covers information on exam eligibility, and prep tips. Contributions from dozens of HR subject matter experts cover the skills, knowledge, and methods that define the profession's best practices. Whether used as a desk reference, or as a self-assessment, this book allows you to: Assess your skill set and your organization's practices against the HRCI standard Get the latest information on strategies HR professionals can use to help their organizations and their profession Gain insight into the body of knowledge that forms the basis for all HRCI certification exams As the HR field becomes more diverse and complex, HR professionals need an informational "home base" for periodic check-ins and authoritative reference. As a certifying body for over four decades, HRCI has drawn upon its collective expertise to codify a standard body of knowledge for the field. The HRBoK is the definitive resource that will be your go-to HR reference for years to come. "Jim and Helen Whitworth have done an outstanding job not only of collecting a comprehensive compendium on all aspects of LBD, but they also have provided a personal touch with a moving compilation of anecdotes, stories, and quotes. I commend them for their efforts and will most certainly recommend this book as required reading for all my LBD patients and their families." - James E. Galvin, MD, MPH, Director, Comprehensive Center for Brain Health, Chief of Cognitive Aging for Palm Beach and Broward Counties, University of Miami Miller School of Medicine A Caregiver's Guide to Lewy Body Dementia is the first book to present a thorough picture of what Lewy body dementia really is. Combining current strategies for managing symptoms and behaviors with personal examples
that connect to readers' own experiences, this is the ideal book for caregivers, family members, and friends of individuals seeking to understand the disease and provide support to their loved ones. Written in easy-to-read language, the chapters incorporate handy facts and tips throughout, definitions of key terms, and practical wisdom to help caregivers navigate the day-to-day. Links to online resources, support groups, and associations are collected at the end of the book for further reference. As a complete guide to Lewy body dementia, this revised and updated second edition includes coverage of recent research developments and topic areas of growing interest, including: Updated information on the latest drug and treatment options Brand new chapter on the psychology of dementia, explaining the ways dementia changes the brain and how caregivers can continue to relate to their loved ones Discussions of the various causes for dementia-related behaviors and responsive dementia care techniques for caregivers to follow Expanded section on alternative therapies in a new chapter dedicated to managing stress In a world gone mad with money The Body of Money: A Self-Help Guide to Create Sustainable Wealth through Innate Intelligence is a comprehensive guide to building and sustaining wealth by using the incredible intelligence of the human body. The story you’ve been told about money is all wrong. Spreadsheets, PNL’s, money markets, and index funds only touch the surface. The Body of Money provides a completely unique and effective approach to personal finance like nothing you’ve experienced before. By demystifying money psychology and behavior economics Certified Financial Planner® and Master Integral Coach™ Gayle Colman shows you exactly how to use your innate wisdom to heal old money patterns, tend to wounds created by generational financial trauma and create sustainable wealth that is aligned with your deepest values. Integrating cutting-edge research, laugh-out-loud storytelling and body-centered practices, Gayle puts the power of individual wealth-building squarely back in your own hands. You will learn: How body practices can have a transformative effect on your money habits. Where your personal money manager lives in your body and how to access its true wisdom. Why investing in a way that matches your personal values can actually be better for your health. How to use your body to gain true financial agency, reduce debt, invest in real estate and make the most important money decisions of your life. The Body of Money is an indispensable approach to personal finance, perfect for any person seeking
relief from money struggles and all individuals and families who want to create a robust and healthy money legacy for their lives. "My Body, My Home is a guide, a meditation, a tender opportunity, and a journey back home to yourself. It’s an invitation to rewrite the stories of your body, explore embodied ways of being, and uncover how deeply you belong to yourself, others, and the universe. May this book be a refuge to marvel at the nuance and complexity that makes you remarkably human."--Back cover. For trainers free additional material of this book is available. This can be found under the "Training Material" tab. Log in with your trainer account to access the material. The BRMP® Guide to the BRM Body of Knowledge is designed to assist the Business Relationship Management Professional (BRMP®) training course attendees and certification exam candidates, but it will also be of great value to anyone looking for a comprehensive foundation-level overview of the art and practice of Business Relationship Management. The book covers the entire BRMP® course syllabus and contains all the information covered in the training and referenced in the exam. What is BRMP®? Business Relationship Management Professional (BRMP®) training is a world-class professional development program designed to provide a solid foundation-level knowledge of Business Relationship Management. The BRMP® exam is designed to test an individual’s learning through rigorous examination providing a leading verifiable benchmark of BRM professional acumen and achievement. To learn more about BRMP® training and certification, please visit http://brminstitute.org/. Who Is It For? Business Relationship Management Professional (BRMP®) training and certification program is intended as a comprehensive foundation for Business Relationship Managers at every experience level, with the training and certification designed to provide a solid baseline level of knowledge. BRMP® professional development program provides an excellent Return on Investment (ROI) and is ideally suited for project managers, business analysts, architects, external service providers; representatives of shared services organizations including IT, HR, Finance, Sales, Strategy Planning, etc.; business partners and anyone else interested in business value maximization. Benefits for Individuals and Organizations: Holders of BRMI Business Relationship Management Professional (BRMP®) credentials will be able to demonstrate their understanding of: The characteristics of the BRM role. What it means to perform as a strategic partner, contributing to business strategy formulation
and shaping business demand for the service provider's services. The use of Portfolio Management disciplines and techniques to maximize realized business value. Business Transition Management and the conditions for successful change programs to minimize value leakage. The BRM role in Service Management and alignment of services and service levels with business needs. The principles of effective and persuasive communication.

THE NUMBER ONE SUNDAY TIMES BESTSELLER

'A directory of wonders.' - The Guardian
'Jaw-dropping.' - The Times
'Classic, wry, gleeful Bryson...an entertaining and absolutely fact-rammed book.' - The Sunday Times
'It is a feat of narrative skill to bake so many facts into an entertaining and nutritious book.' - The Daily Telegraph

'We spend our whole lives in one body and yet most of us have practically no idea how it works and what goes on inside it. The idea of the book is simply to try to understand the extraordinary contraption that is us.' Bill Bryson sets off to explore the human body, how it functions and its remarkable ability to heal itself. Full of extraordinary facts and astonishing stories The Body: A Guide for Occupants is a brilliant, often very funny attempt to understand the miracle of our physical and neurological make up. A wonderful successor to A Short History of Nearly Everything, this new book is an instant classic. It will have you marvelling at the form you occupy, and celebrating the genius of your existence, time and time again. 'What I learned is that we are infinitely more complex and wondrous, and often more mysterious, than I had ever suspected. There really is no story more amazing than the story of us.' Bill Bryson The ultimate reference on wireless technology—now updated and revised Fully updated to incorporate the latest developments and standards in the field, A Guide to the Wireless Engineering Body of Knowledge, Second Edition provides industry professionals with a one-stop reference to everything they need to design, implement, operate, secure, and troubleshoot wireless networks. Written by a group of international experts, the book offers an unmatched breadth of coverage and a unique focus on real-world engineering issues. The authors draw upon extensive experience in all areas of the technology to explore topics with proven practical applications, highlighting emerging areas such as Long Term Evolution (LTE) in wireless networks. The new edition is thoroughly revised for clarity, reviews wireless engineering fundamentals, and features numerous references for further study. Based on the areas of expertise covered in the IEEE Wireless Communication
Engineering Technologies (WCET) exam, this book explains: Wireless access technologies, including the latest in mobile cellular technology. Core network and service architecture, including important protocols and solutions. Network management and security, from operations process models to key security issues. Radio engineering and antennas, with specifics on radio frequency propagation and wireless link design. Facilities infrastructure, from lightning protection to surveillance systems. With this trusted reference at their side, wireless practitioners will get up to speed on advances and best practices in the field and acquire the common technical language and tools needed for working in different parts of the world. This pocket guide provides a first introduction to the Open FAIR Body of Knowledge. It will be of interest to individuals who require a basic understanding of the Open FAIR Body of Knowledge, and professionals who are working in roles associated with a risk analysis project, such as those responsible for information system security planning, execution, development, delivery, and operation. The Open FAIR Body of Knowledge provides a taxonomy and method for understanding, analyzing and measuring information risk. The outcomes are more cost-effective information risk management, greater credibility for the information security profession, and a foundation from which to develop a scientific approach to information risk management. This allows organizations to: Speak in one language concerning their risk. Consistently study and apply risk analysis principles to any object or asset. View organizational risk in total. Challenge and defend risk decisions. The audience for this Pocket Guide is: Individuals who require a basic understanding of the Open FAIR Body of Knowledge. Professionals who are working in roles associated with a risk analysis project, such as those responsible for information system security planning, execution, development, delivery, and operation. Risk analysts who are looking for a first introduction to the Open FAIR Body of Knowledge. This vibrant and beautifully illustrated book teaches children sex, gender and relationships education in a way that is inclusive of all sexual orientations and gender identities. Covering puberty, hormones, pregnancy, consent, sex, babies, relationships and families, it uses gender-neutral language throughout and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender and sexuality. For use with children aged 8-12, it will help answer their questions and spark open discussion with parents, carers and teachers. With informative illustrations and further resources and a guide for
adults, The Every Body Book is the ultimate sex, gender and relationships education resource for children. You have questions! We have answers to everything you need to know for growing up you! Growing up isn’t as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Boy’s Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have. Topics include: From hair care to athlete’s foot, a head to toe guide to what’s happening with your changing body Basketball football, soccer, chess: How you can excel no matter what you like to do Your guide to the care and keeping of parents, teachers, brothers, and sisters How to keep your friends and your morals, and what to do if peer pressure starts to be come an issue A fascinating world of information is made truly accessible with these remarkable guides. Each book is split into five key sections, and text is presented as easy-to-read bullet points. Every section includes a transparent acetate sheet feature, which delves deeper into a key area through stunning cutaway visuals and detailed labels. The addition of two colour wall posters make these guides the perfect knowledge package.

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