

American Medical Association Boy's Guide to Becoming a Teen

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Becoming a teen is an important milestone in every boy's life. It's even more important to get answers and advice to the most common health issues boys face from a trusted source. The *American Medical Association Boy's Guide to Becoming a Teen* is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more:

Puberty and what kinds of physical and emotional changes you can expect--from your developing body to your feelings about girls

The importance of eating the right foods and taking care of your body

Pimples, acne, and how to properly care for your skin

Your reproductive system--inside and out

Thinking about relationships and dealing with new feelings

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