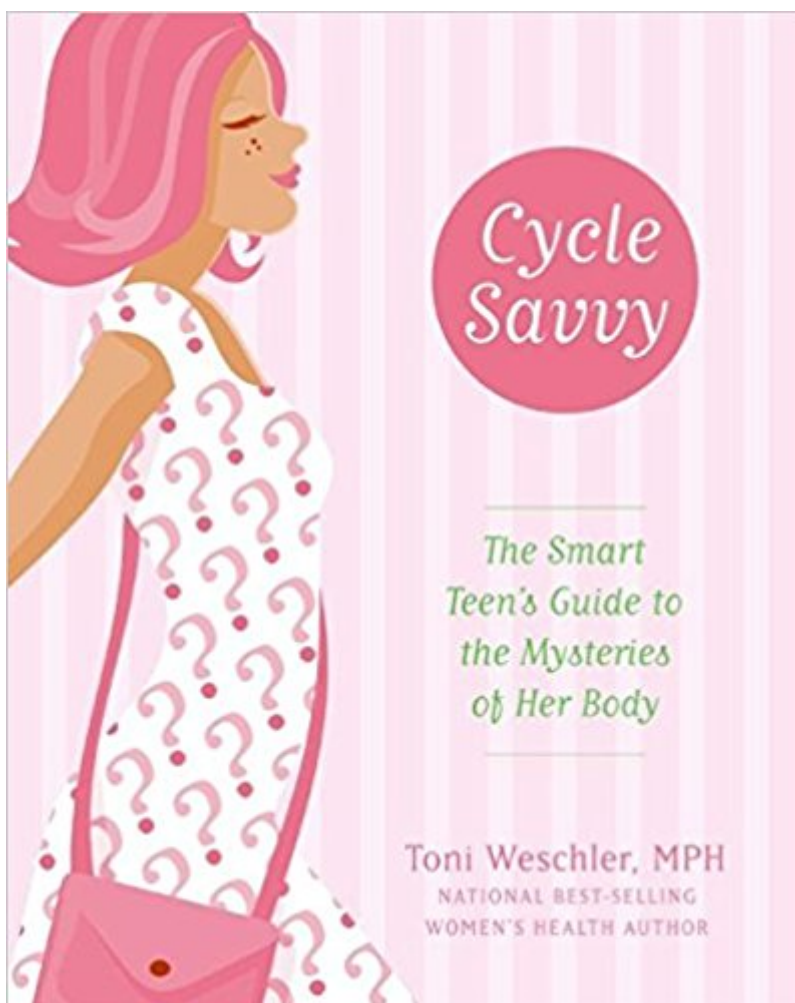


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# Cycle Savvy: The Smart Teen's Guide To The Mysteries Of Her Body



## Synopsis

Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.

## Book Information

Paperback: 240 pages

Publisher: William Morrow Paperbacks; 1 edition (October 31, 2006)

Language: English

ISBN-10: 0060829648

ISBN-13: 978-0060829643

Product Dimensions: 0.5 x 7 x 8.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

Best Sellers Rank: #88,354 in Books (See Top 100 in Books) #8 in [Books > Teens > Personal Health > Sexuality & Pregnancy](#) #8 in [Books > Teens > Education & Reference > Science & Technology > Anatomy & Physiology](#) #13 in [Books > Teens > Personal Health > Maturing](#)

## Customer Reviews

Toni Weschler, MPH, has a master's degree in public health and is a nationally respected women's health educator and speaker. She is also the author of Cycle Savvy, a book for teenage girls about their bodies. A frequent guest on television and radio shows, she lives in Seattle, Washington.

When I saw it was written by Take Charge of Your Fertility's author, Toni Weschler, I looked no further. A gift for my 14 year-old niece to help her navigate the years to come, "Thank you. I really needed this" she said. Cycle Savvy is exactly what we ALL needed when we were teens. Thank you, Toni Weschler, for finally writing it!

Our copy ended up printed upside down, but the information inside was unaffected by that. My 13 year old has found it very informative and helps her to learn about how her body works.

I am sending Cycle Savvy to my 14 year old niece. If only this book had been available to me at 14. It would have been extremely helpful to my future when my husband and I attempted to plan our family. After getting an education and working in family planning for the past 20 years I am often surprised at the lack of understanding many educated women and men have of a women's fertility cycle. Cycle Savvy is full humor, personal stories and accurate information on how to learn about your own fertility cycle and how it affects your life as a teen. What a great time to learn about your cycle prior to becoming sexually active as a woman. The last section of the book raises the issues teen face as they consider when they will become sexually active. Cycle Savvy could be a great way to open up this important discussion between parent and teen. This is what I am hoping for my sister and niece.

I give this four stars only for the fact that the charts and infographs should be in color. There is reference to the different colors to show different aspects of the charts but since they are in black and white it renders some of the information moot. This is not a deal breaker for me. The information presented is balanced, clinical, factual, and scientific without being dry. I got this for my daughter and read it over first. I am shocked at how much I didn't know about my own body. She presents the female body as something you should be proud of not embarrassed about what we as women go through. She encourages you to know yourself not just knowing what your parts are labeled but what you look like, yes in your private areas, for knowing this leads to better awareness if anything has gone awry. She also talks openly and candidly about sex. I know for some of us this is a shocker and uncomfortable due to our upbringing. But again talking about sex is vital for our children to know and respect themselves so that they can make informed decisions about their lives and bodies. I encourage everyone to read this even dads and sons. the more we as a culture understand how our bodies function and perform the healthier we can be not only physically but mentally and emotionally.

A must have book for all teenage girls. My mom handed this book to me when I was 13 and I was absolutely appalled! I read it none the less and I buy it now for my college friends whose moms weren't open enough to teach them about these things! It is super useful and descriptive enough for

information without being gross.

This book should be taught to girls in every high school. I have lost track of the number of teenagers and women who literally are in the dark as to what is going on as a woman. This explains the changes a girl face, how to know and track your fertility, and also give a baseline for those interested in natural family planning. I also own her other book, "Taking Charge of your Fertility", and learnt so much from it. I have used natural family planning since getting married 7 years ago. And its worked perfectly, thanks to me understanding the principles that Toni teaches. I believe every girl deserves to understand what goes on in her body on a monthly basis, and hold her head a little higher with the knowledge that she has.

Toni has done it again. This a great book for teen girls to help understand their menstrual cycle. Toni's adult version - Taking Charge of Your Fertility has been my go to book for myself and friends and midwifery clients. This is another favorite.

My cousin loves this book. Some of the content is slightly mature for her, but she will use the chapters that apply now and grow into the rest of the book. She especially likes having the glossary as a reference. Toni Weschler always delivers great content in an entertaining way. I wish I had this book when I was a teenager!

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