



Don't Sweat It!: Every Body's Answers to Questions You Don't Want to Ask

Marguerite Crump

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Puberty can be a pain. Who needs acne? B.O.? Stinky feet? Just when you're moving from childhood to adulthood—a time of huge social, emotional, and physical changes—parts of your body betray you. Why does puberty have to make kids feel (and smell, and look) so bad?

Actually, it doesn't. Good hygiene can make a big difference in how kids feel about themselves—and how others feel about them. DON'T SWEAT IT! covers self-care from head to toe—from dandruff to breakouts, bad breath to germ hands, body odor to the parts "down there," and finally, smelly feet. Fascinating facts, friendly tips, and funny illustrations combine in a lighthearted approach that kids find appealing. As they smile at the illustrations and laugh at the jokes, they learn the basics of hygiene and why it matters. Recommended for all upper elementary and middle-school students, their parents, teachers, coaches, counselors, and anyone else who cares about kids.



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