



Jörg Müller

Quite Enlightened! When Boys and Girls Become Men and Women

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So That's How It Works!

Growing up? Sure, we've heard of it. But when emotions start running wild and body parts suddenly don't seem to fit together anymore, things can get confusing fast. So what really happens when kids become adults? And when does it all begin?

This book offers open, empathetic answers to all the big questions. It explains what happens in the body and mind during puberty, what everyone should know about different sexes, and how to handle the changes that come with growing up – in a clear and age-appropriate way.

- A trusted Puberty Guide for Children aged 11+
- Over 200,000 Copies sold across previous Editions
- Bestselling Title – now fully revised and updated

Jörg Müller

Jörg Müller is the pen name of a non-fiction author specializing in consumer guides. A father of four, he has spent many years exploring the topic of puberty and sex education alongside his work as a financial journalist. With "Quite Enlightened! When Boys and Girls Become Men and Women", he has created a guide that addresses questions and concerns with

honesty, clarity, and empathy – helping young readers understand and navigate this important stage of life.

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Everything You Need to
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