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Guy Stuff Feelings: Everything you need to know about your emotions

By: Cara Natterson

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You're growing up and so are your feelings and emotions. As you enter puberty, not only is your body changing, but so are your emotions. You might feel your emotions more strongly or have new feelings you don't know how to talk about. From the author of the bestselling Guy Stuff The Body Book for Boys, this book will help you learn to identify all the feelings you have, from anger to sadness to embarrassment to happiness. Then use the tips inside for managing and expressing your emotions in positive ways.

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