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Hello there!

Curious about puberty? Well, who isn't? And it's a damn good thing that you are. Puberty is the phase which takes you from being a boy to a young man. Learning about puberty will make sure that you have the ammo of knowledge to kaboom (a.k.a fight) surprises. And I must tell you that you are in the best hands that there could be, as I am Mr.Puberty.

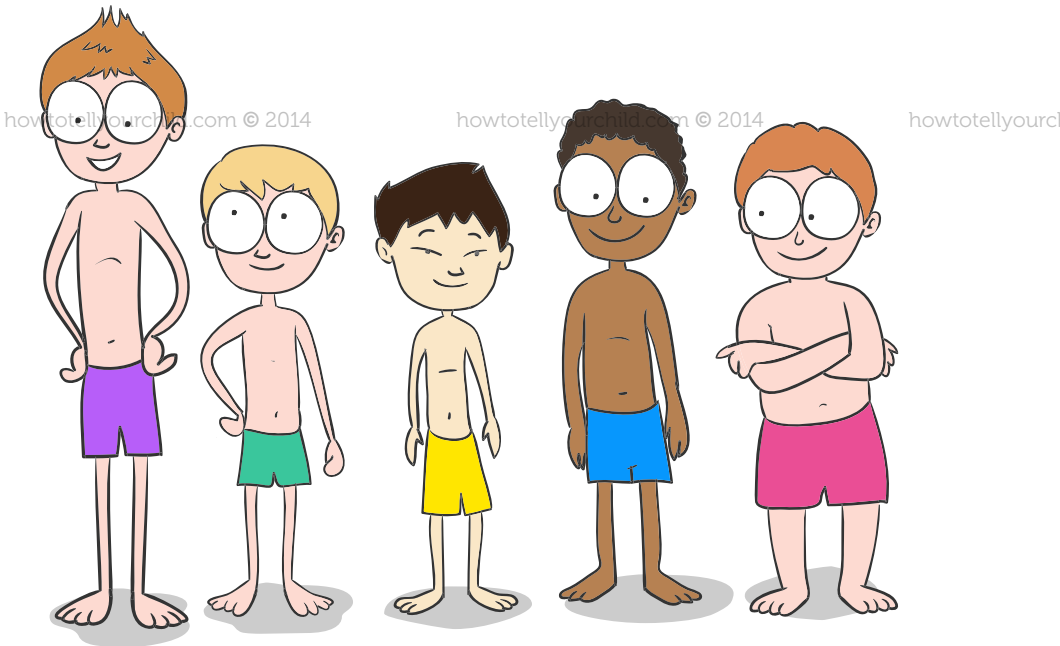
For you buddy, I'm Mr.P.

FEEL AWKWARD? LOOK AROUND BUDDY

For a long time the know-it-all adults have been saying that boys feel awkward during puberty. Now, I really don't know if it's true or if it's a rumour thats going around. Well, either ways, the one growing up mantra to follow is TAKE IT EASY.

Take a look around, every friend and enemy you have is going through the exact same thing. A few might be ahead of you, and a few quickly catching up, but what matters is no one gets left behind.

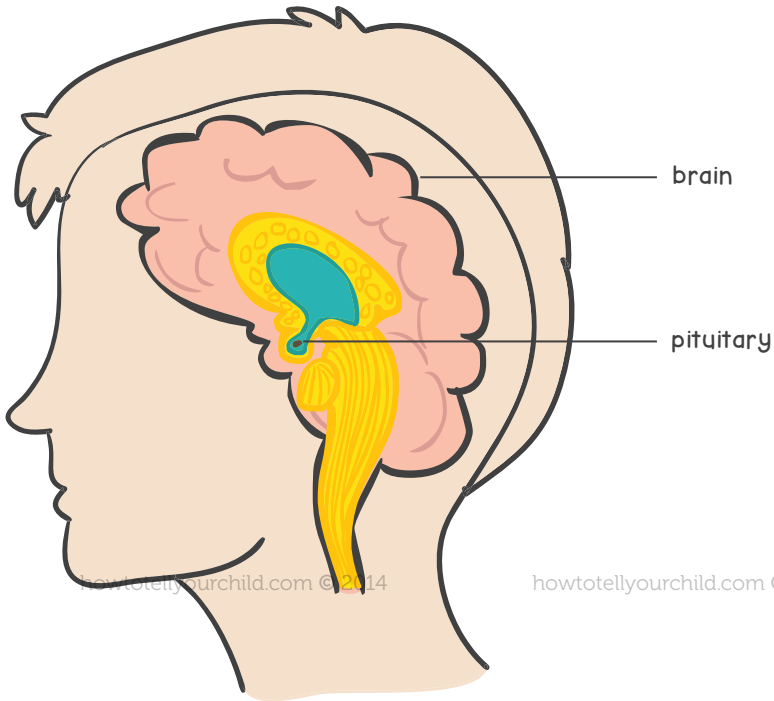
The coolest thing that you can carry with you is your ATTITUDE. Don't let the changes that your body is going through bother you more than it should.



Now let's find out how puberty starts

THIS IS HOW IT STARTS

Did you know that there's a small pea-sized gland in your brain?



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Wait, wait, there's no need to get scared. Every human being has it. Your mom, dad and all your friends. It's a part of the human brain and is called the pituitary gland. When you are around 9 to 13 years of age, the pituitary releases a substance called hormones. The hormones travel through your blood and tell the different parts of the body to become a man. It's like the hormones are the messenger for the brain.

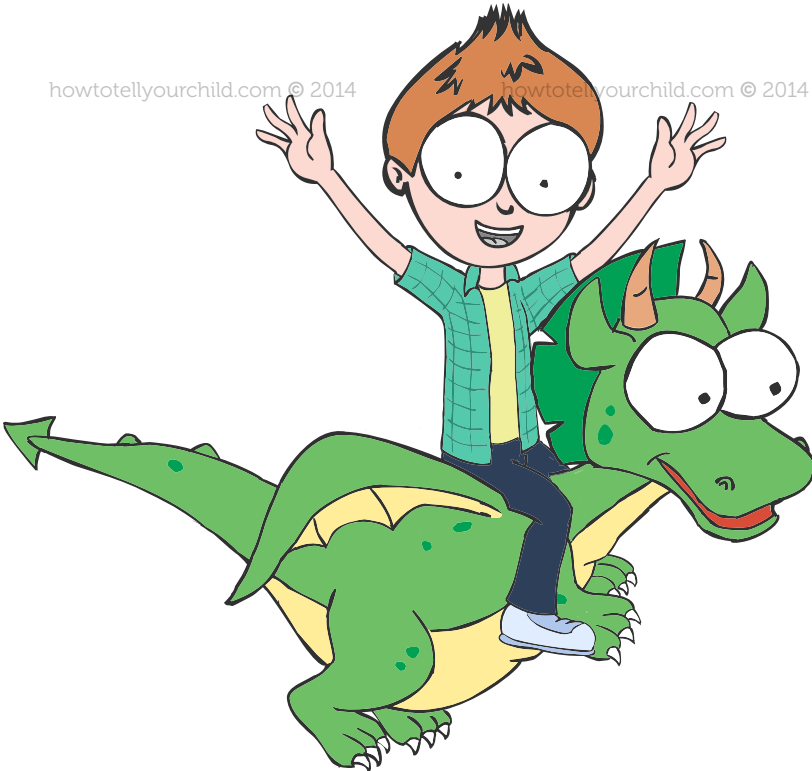
Try saying pituitary five times without a break. Sounds funny, right?



PHEW... NOW FOR THE FINAL TIPS ON PUBERTY

- Look around, you are not the only one who is changing.
- Each boy is unique. Every person looks different and has a different personality. Don't compare yourself with others. Stay happy and confident. And don't forget that ATTITUDE.
- Keep yourself clean at all times.
- If you have any problems or unanswered questions, discuss with your parents. They won't mind.
- Don't let puberty control you. Have a positive attitude and you can control puberty.

Alrighty then, it has been fun reading this book with you. In the next few pages I have answered some common questions, so do take a peek. Till the next time, Viia Viia Variim...ahem ahem.



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