

## Muslim Girl, Growing Up: A Guide to Puberty By Natalia Nabil

Natalia Nabil is a mother of two girls. She was born and raised in Egypt where she received her Bachelors of Arts in Mass Communications from Ain Shams University. Shortly after she began working in public relations and marketing. After marriage she moved to the United States and is bringing up her daughters in what she calls unfamiliar territory. That is why she wanted to write this book not only as a resource for her growing girls but for the many Muslim girls growing up who could use a guidebook on all things puberty related. How can I prepare her for this new phase? I wanted to find a resource that can explain the details of this special stage while also integrating the important aspects of it from the Islamic religion. Being from the West, most books I found only explained the physiological changes. But I found that Muslim girls, especially ones from Western countries, need to know about the religious implications of this stage. So I decided to write this guide to help young girls understand the basic things a Muslim girl should know about puberty, including the religious aspects that come along with it. However, this guide is just a starter to the journey ahead. I encourage parents to talk with your teens and pre-teens about this important stage of life to have a full and thorough understanding. Natalia Nabil includes: What is puberty and its stages, Hygiene tips, Religious duties to perform, and ones to stay away from. And much more. Muslim Girl Growing Up: A Guide to Puberty. This is short and uncontroversial and does not cover the difficult-to-discuss aspects of growing up: The reading age and detail is way too low (perhaps 6 or 7?) for subject matter as I would expect most people reading to be age 9-13. I. Natalia Nabil. Great book, my daughter loves it. Natalia Nabil.



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