



My Achy Body (Body Works)

Liza Fromer, Francine Gerstein M.D.

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Young children are full of questions about how their bodies work. With straightforward, easy-to-understand language and a playful attitude, Liza Fromer and Francine Gerstein MD have collaborated to create books packed with solid information about the intricacies of the human body. Their reassuring text describes the body's various systems and supplies parents and caregivers with answers that will help them provide the accurate, age-appropriate information young children need.

My Achy Body describes the central nervous system. What is happening to us when we feel pain, and how does our body repair itself when we are hurt?

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