

Nina Brochmann and Ellen Støkken Dahl
Magnhild Winsnes

The Boy Book. Your Guide to Puberty

Gutteboka. Din guide til puberteten

Genre: Children and Young Adults
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It's happening! Your body is changing, your hormones are taking control, and your brain is undergoing a kind of reorganisation. This process is called puberty, and it's the most dramatic transformation you'll ever experience – yet it's also the most normal thing in the world.

Most boys have questions about puberty. The authors have answered thousands of them, in sex education classes and at the doctor's office: When will I get a beard? Is my penis normal? How do I find happiness again after a heartbreak? How do people have sex? Brochmann and Dahl have written *The Boy Book* to give boys answers they can rely on, a guide to help them on their way to adulthood.

In their books, *The Boy Book*, *The Girl Book*, and *The Wonder Down Under*, Brochmann and Dahl share their mission to empower young people through better sex education. They're helping a new generation make informed choices about their bodies and sexual well-being. And because some boys enter puberty early and others late, this book is suited for boys from 10 to 18 years of age.

#1 bestseller

Nominated for the 2021 Norwegian Book Prize (The Brage Prize)

Nominated for the best illustration for the year's most beautiful books 2021 (the Norwegian Designer's Guild's Visual Prize)



'(...) a long-awaited, important, wise, and including non-fiction book about boys puberty.'

From the jury's statement, the Norwegian Book Prize



Photo: Photo: Anne Valeur

Nina Brochmann and Ellen Støkken Dahl are Norwegian medical doctors who have worked for several years as health workers and teachers advising young people, refugees and sex workers on matters of sexual health. Their first book *The Wonder Down Under* (Gleden med skjedene), published 2017, became an international bestseller and a cultural phenomenon with their message of empowerment through scientific knowledge. With their books for younger readers, *The Girl Book* and *The Boy Book*, Brochmann and Dahl are equipping a new generation to make informed choices about their bodies and sexual well-being.

Their work has been featured in The Times, BBC Women's Hour, Telerama, El País, The Economist's 1843 Magazine, VICE, Daily Mail, Frankfurter Allgemeine, Playboy, ELLE, Red Magazine, Women's Health, Refinery29, and Huffington Post, amongst others.

Foreign sales

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