



**Søren Brostrøm**  
**Thomas Brunstrøm**



## It's Perfectly Normal - a book about becoming an adult!

**Det er helt normalt - en bog om at blive voksen**

The authors - Denmark's funniest picture book author and Denmark's coolest medical doctor - have a mission: they want to challenge that it has to be a taboo when the body changes. Their new book is about all the things that happen to the body during puberty. The message is clear: It is Perfectly Normal!

**Søren Brostrøm** is a Danish physician-scientist and the current Director general of the Danish Health Authority and a member of the Executive Board of the WHO.

**Thomas Brunstrøm** is a bestselling author, freelance journalist, film critic and podcast host.

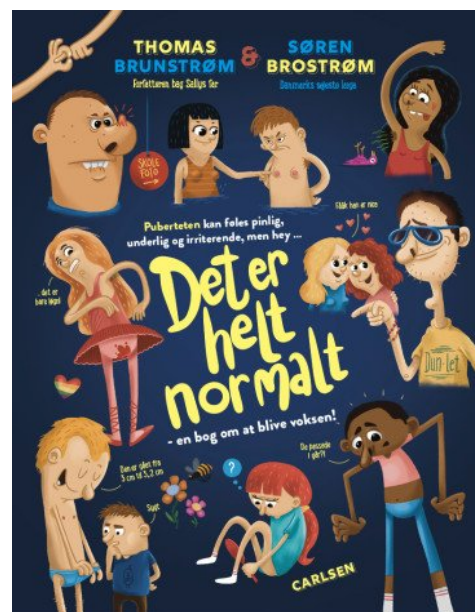
### SYNOPSIS

The body can be cool, strong and fascinating, but there are also a lot of things about the body that can seem strange, embarrassing and annoying - but hey - everyone feels that way. It's perfectly normal!

Søren Brostrøm tells it like it is - straightforwardly and without getting red cheeks, because he's used to talking about it, and he knows that the more we talk about the embarrassing things - the more normal it will feel.

When you feel alone and weird, it's really nice to know that there are a lot of other people who are going through exactly the same thing as you. So let's talk about all the sudden changes, about things growing, about hair and sweat. Let's rejoice in the big and small body parts and celebrate the fact that we are all so different and yet completely the same.

The book is full of fun illustrations by Bjørn Nørbo Andersen.



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96 pages

Category: *Children's Books*

Sub-category: *Tween*

Genre: *Non-fiction*

Available material: *English sample upon request.*

### Territories Handled

World except: Danish