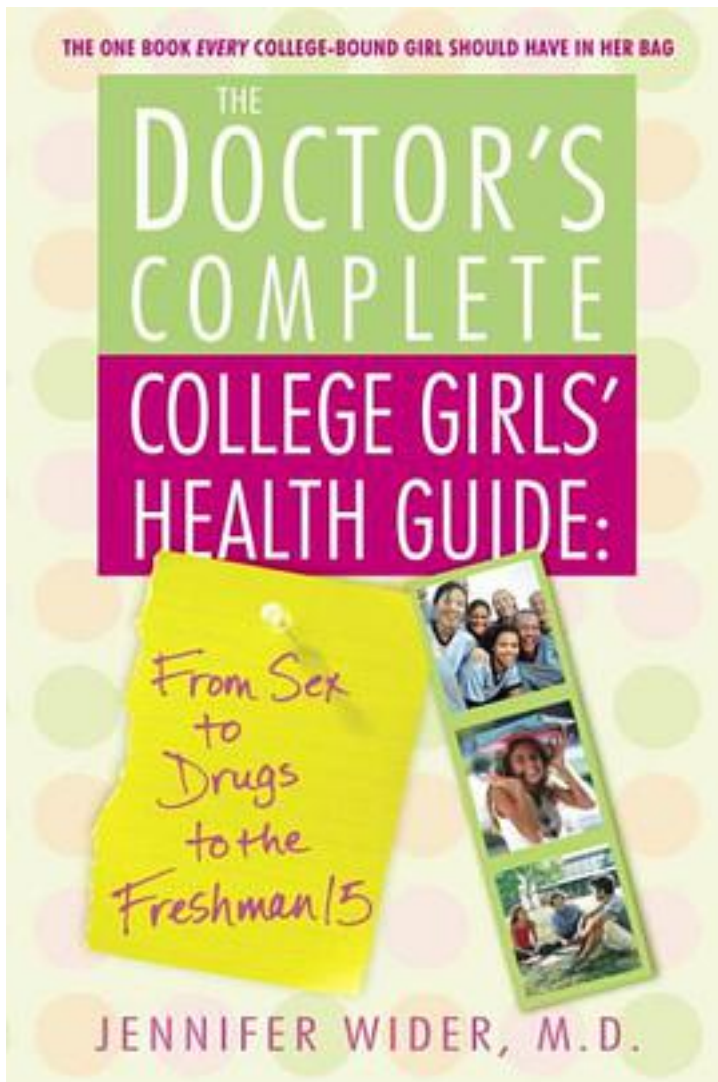


The Doctor's Complete College Girls' Health Guide



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Congratulations, you' ve made it.

Now it' s time for some serious girl talk about how you' re going to get through the next four years in a new place while trying to make new friends, fit in, and get good grades...all on your own! Destined to become a college girl' s best friend, this head-to-toe guide will keep you physically, mentally, and emotionally healthy on the exciting journey to independence and adulthood.

Dr. Jennifer Wider has networked with college girls around the country to find out the information they needed most. Here are answers to all your questions about:

- Sexuality and birth control
- Eating disorders
- Sleep problems
- Weight management
- Pap smears and gynecological health
- Protecting yourself against STDs
- Handling depression, anxiety, loneliness, and stress
- Treating PMS, PMDD, yeast and urinary tract infections
- Drugs and addiction
- Proper diet and nutrition
- Surviving spring break
- Navigating the college health center
- And much more

From the common cold to tattooing to what every girl should pack in her “campus health kit,” you’ ll find it here. Written in consultation with college grads who’ ve been there and done that, this is the most important book you'll carry for the next four years.

作者介绍:

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