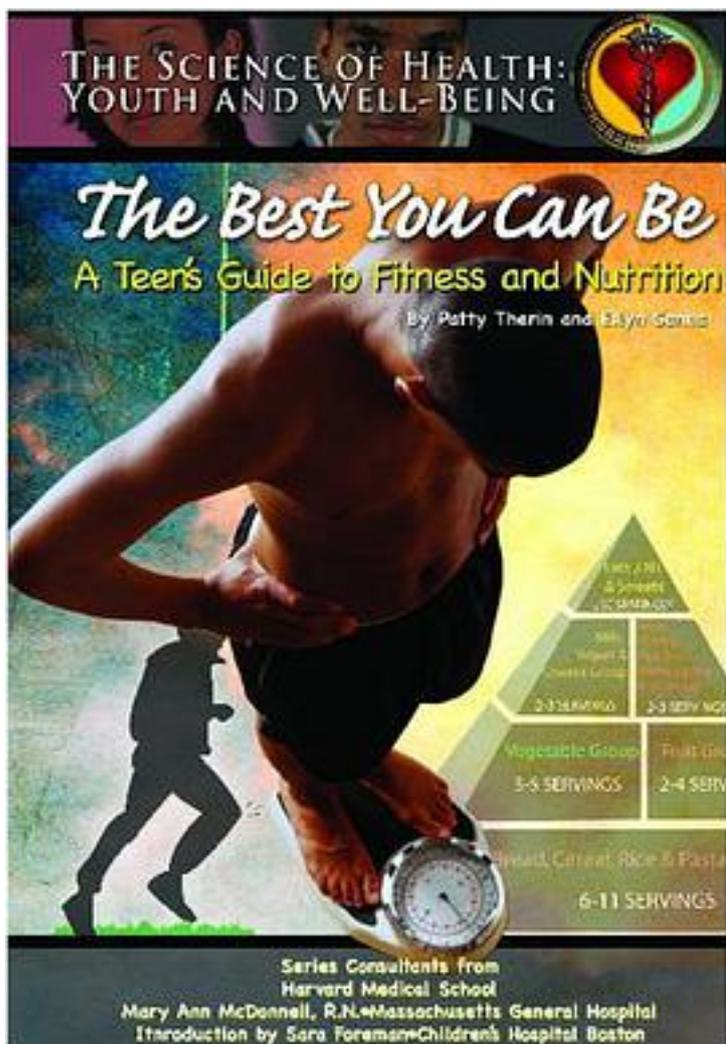


# The Best You Can Be



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Puberty is an exciting and sometimes stressful period of life. At no other time do so many physical changes happen so rapidly, one on top of another. In the midst of all this, new health implications arise, while the issues of adolescence complicate already existing conditions. This series is designed to help teens cope with the various health choices that confront them. As readers take a look at the science behind a range of adolescent health issues, they gain the knowledge they need to choose a lifestyle that is best for their own individual needs.

作者介绍:

目录:

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