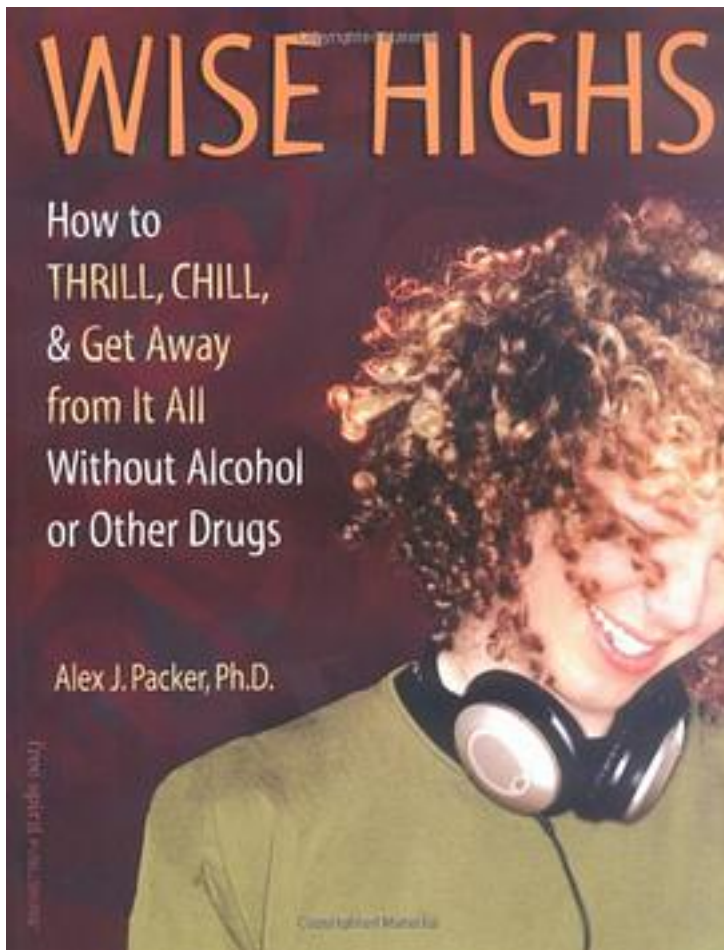


Wise Highs



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Getting high is fun, natural, and healthy. It feels great to get a rush, to alter our consciousness and take a break from our everyday lives. "Wise Highs" describes more than 150 ways for teens to feel really, really good - naturally, safely, and creatively,

without resorting to the temptations of alcohol and drugs. From breathing and meditation to exercise and sports, from manual work to music...these are "highs" that can change teens' lives without leaving them dull, burned out, or hung over. It includes masses of resources and activities to help teens to get those much sought after feelings naturally and safely.

作者介绍:

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