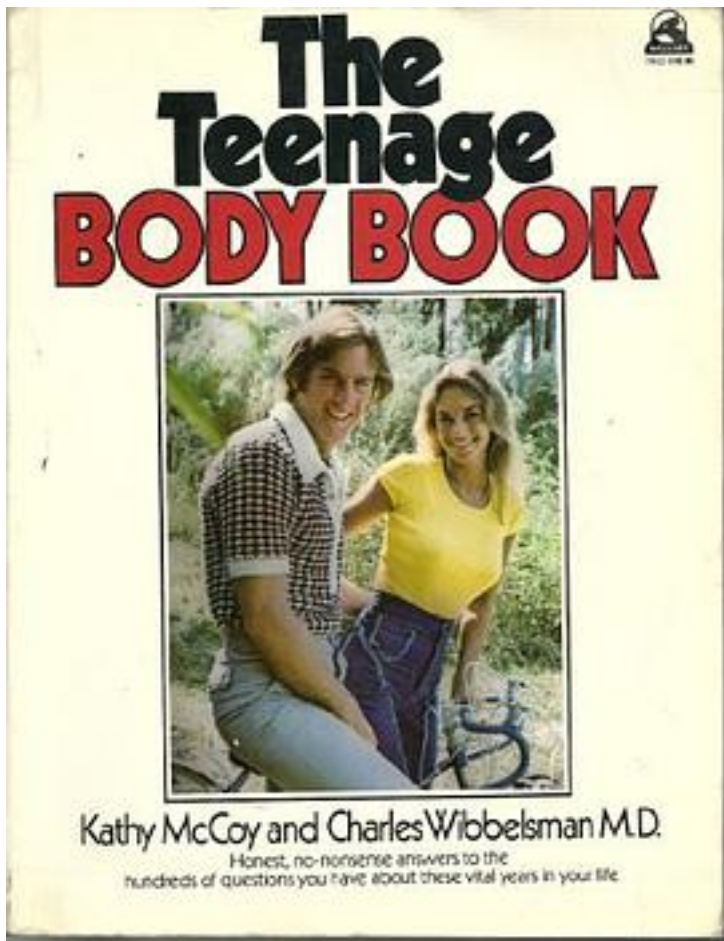


The Teenage Body Book



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Book Description The award-winning guide, now fully updated--everything every teenager (and parent of a teenager) needs to know about nutrition, health, fitness, emotions, and sexuality. This is the essential handbook for honest,

forthright, up-to-date advice in dealing with every dilemma, doubt, and possibility facing teenagers at the threshold of the new century--including: Overcoming "body image" anxiety Drugs, drinking, smoking, and peer pressure Sexual orientation and teenagers Coping with depression, anxiety, and stress Teen pregnancy, birth control, and parenthood Sexually transmitted diseases The latest information on fad diets, sports medicine, and medical advances How to find confidential and effective crisis counseling The best websites for teens, and more Completely revised and updated Cyber-appendix provides e-mail addresses and websites of valuable sources Includes new sections on alternative medicines and therapies, and important new discoveries about ethnic differences in physical development Offers new "QuickScan" feature to highlight important informative facts, plus easy-to-access reference charts, treatments, action plans, and more The authors are experts in the field of health issues and young adults Illustrated throughout --This text refers to an out of print or unavailable edition of this title. Card catalog description A handbook for teenagers discussing the male and female bodies, health, beauty, and sex. See all Editorial Reviews

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