

# Essential Health



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- Well-Researched, Well-Written, and Beautifully Designed Books Created Specifically for the Middle School and High School Reader- Primary Sources- Original Maps- Full-Color Images and Historical Documents- "Essential Facts" Page Spread Listing Key Information on the Topic- Selected Bibliography, Further Reading Lists, and Related Web Sites- Glossary and Index- Source Notes by Chapter- Credentialed Content Consultants for Each Title- Full-color Photographs- Table of Contents- Glossary- Index- Promotes girls' self-esteem- Common tween and teen scenarios- "Talk About It" discussion questions- Advice from Dr. Vicki- "Get Healthy" tips- Web sites

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目录:

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