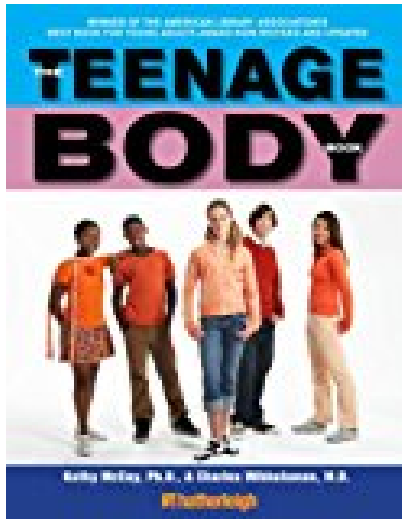


The Teenage Body Book A New Edition for a New Generation



BOOK DETAILS

- Author : Kathy McCoy Ph.D
- Pages : 320 Pages
- Publisher : Hatherleigh Press
- Language : English
- ISBN : 1578262771

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BOOK SYNOPSIS

Everything teenagers need to know about nutrition, health, fitness, emotions, and sexuality. Some teen issues are timeless: self-consciousness and uncertainty over rapidly changing bodies, tumultuous feelings, and dramatically changing lives. Many parents remember vividly their own youthful struggles. But today's teens face challenges and possibilities that their parents never imagined: cyberbullying, pressure to sext, new attitudes about sexual orientation and gender, and medical advances that have changed teen lives. The Teenage Body Book provides a platform for teens (and their parents) to discuss dilemmas, doubts, and possibilities that face young people in the new century. Completely revised and updated for the first generation of teens to be born in the 21st century, The Teenage Body Book teaches teens how to: -Overcome body image worries and maintain a healthy weight -Make wise choices about drinking, smoking, and drugs -Deal with depression, anxiety, and stress -Avoid STDs, pregnancy and abusive relationships -Safeguard devices and reputations in cyberspace -Understand gender identity and sexual orientation From the Trade Paperback edition.

THE TEENAGE BODY BOOK A NEW EDITION FOR A NEW GENERATION -

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