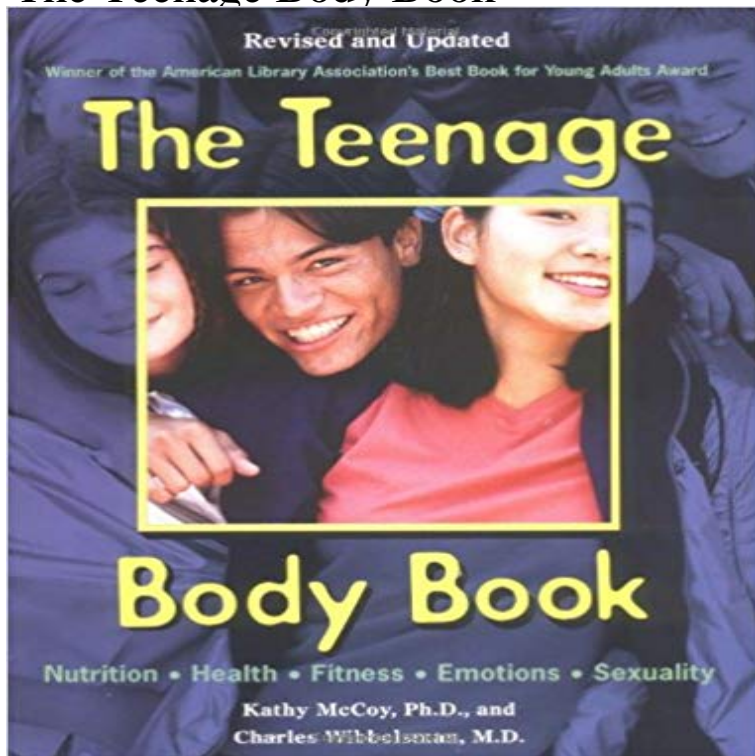


## The Teenage Body Book



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

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