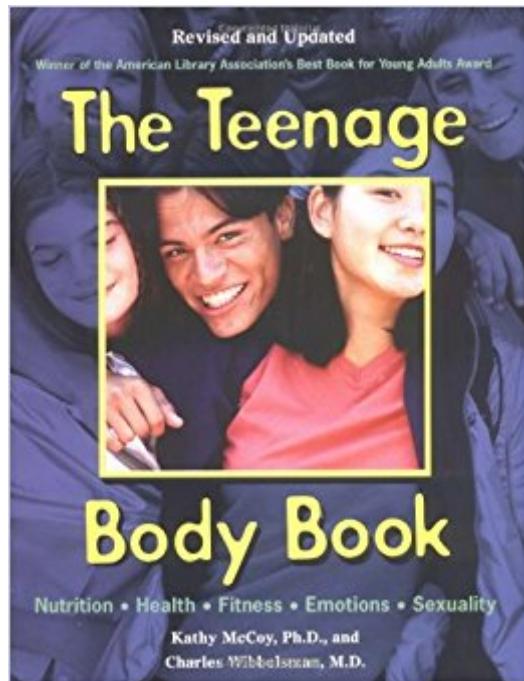


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# The Teenage Body Book



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

Kathy McCoy, Ph.D., is an award-winning author of eleven books, a psychotherapist, and Coordinator of the Clinical Ph.D. Program at the California School of Professional Psychology in Los Angeles. A former editor for 'Teen, Dr. McCoy has written hundreds of articles for such publications as Redbook, Readers' Digest, The New York Times, Family Circle, Glamour, and Ladies Home

Journal. An online expert specializing in adolescent psychology, she has made numerous appearances on "The Today Show," "The Oprah Winfrey Show," "Hour Magazine," "Sally Jessy Raphael," and "Home and Family." Charles Wibbelsman, M.D., is an award-winning author and former "Dear Doctor" columnist for Teen magazine. Chair of Adolescent Medicine for the Permanente Medical Group, Northern California, he is chief of the Teen-Age Clinic at Kaiser Permanente Medical Center in San Francisco, and an associate professor of pediatrics at the University of California, San Francisco Medical School. Dr. Wibbelsman is the news anchor for a Bay Area television series, "Medicine in the Nineties," and is an online expert specializing in adolescent health.

I purchased this book for my nephew so that he would gain an understanding of the physical and emotional changes he would be going through. The material was presented in a tactful, educational, yet interesting to a teen boy manner. I just asked my nephew if we should pass this book to his newly 13 year old nephew and he said "yes!"

I bought a copy of this for my boys when they were about 12 and 9 years old. That was nearly 30 years ago, now I am getting one for my grand-daughters. I think it was one of the very best purchases I ever made! The title is a little deceiving, as it covers far, far more than just their changing bodies, and in a plain language that they can understand and relate to. Kids get so much mis-information from one another, but my kids and their friends would check to see "if that's really true" in 'The Book'! So glad it is still around!

My mother gave me this book when I was a teenager. I am now 42 years old. She never said anything about it—she just left it in my room. I was so relieved that I didn't have to go to her with those embarrassing questions (well I just wouldn't have asked). She was right to trust this book to help answer the many questions I had as a teenager. I remember my friends sleeping over and how we would pour over the information in this book. I am now the mother of a first grader but I am planning on purchasing this for her to have someday. I will do just as my own mother did—just leave it in her room for her to read. This book was reassuring and informative.

This book is incredible! I am 40 years old and know this book quite well. As a pre-teen, this book was a gift from my best friend's mom. I learned many things through this book that my mom had a hard time explaining. This book made it easy for me to explain topics to my own daughter (who is

now 21) and who felt freely to talk to me about any subject, and still does. This book I passed to my daughter who remembers reading it as a pre-teen. We reference things in the book today since I have a step-daughter who is a pre-teen. I will now purchase a book for her very own. To the moms out there, do yourself and your child a favor and purchase this book. It is a great reference for the both of you.

I have read this book yesterday. It helps me to understand more about my body. I mean in every part of our body. And that's not only that. It helps you to solve your problem in teenage life which is so useful in your life. These problems were sent to this book editor by teenager from all around the world.

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