



# The Teenage Body Book

*Kathy McCoy, Charles Wibbelsman*

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**The Teenage Body Book** Kathy McCoy, Charles Wibbelsman

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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