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Healthy Teens, Body and Soul: A Parent's Complete Guide (Paperback)

By Andrea Marks, Betty Rothbart

SIMON SCHUSTER, United States, 2003. Paperback. Condition: New. Original ed.. Language: English . Brand New Book ***** Print on Demand *****.This breakthrough book covers the head-to-toe, outside-inside health needs of today's 10- to 21-year-olds. Written by experts in adolescent medicine and parent-child relationships, this comprehensive reference gives no-nonsense, straightforward guidance on how to talk with teens in a way that will help them take charge of their own health. Andrea Marks, M.D., and Betty Rothbart, M.S.W., take a unique approach -- they focus on the interplay of physical, mental, emotional, and social issues that make these years such a challenging time. They show how physical health concerns must be considered within the context of the three main goals of adolescence:
• Gaining independence
• Clarifying sexual identity
• Finding a realistic, satisfying place in society
Combining authoritative information with sound advice on communicating with teens, who really do want and need their parents' help (even though at times it may seem otherwise), *Healthy Teens, Body and Soul* will teach parents how to open the lines of communication that will result in healthier, happier teens (and parents!).



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Reviews

This composed book is excellent. This really is for all who state that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

-- **Cheyenne Barrows**

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- **Hank Powlowski**