



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

Andrea Marks, Betty Rothbart

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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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