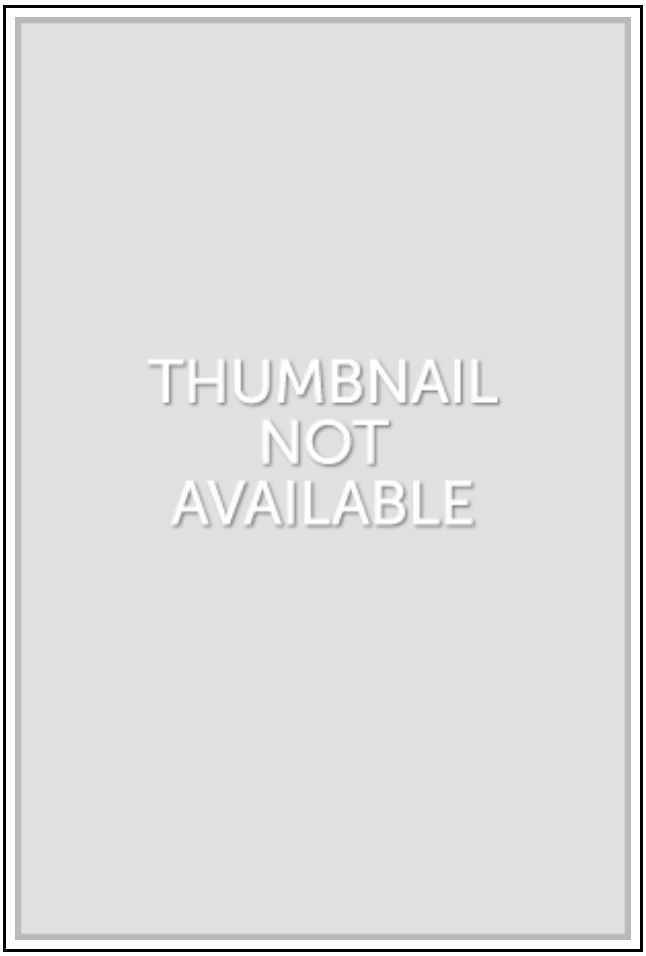
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Wellness Agent, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Being a teenager is one of the most exciting but stressful times for most teens. They are under constant pressure to deal with: body image, parent communication, academic stress, relationship drama, social media, bullying, additions, abuse, peer pressure, depression, and the list goes on. Making the right decisions during this time is critical to living a healthy lifestyle. In YOU Rule! Take Charge of Your Health and Life, family nurse practitioner, Dr. Antwala Robinson, answers teens most burning questions about health, puberty, sex, relationships, and success. Using real stories, 19 years of nursing experience, research, and knowledge, Antwala shows teens how to: Eat healthy and be more active Lose Weight Have more energy to enjoy the people and things they love Avoid or protect themselves during sex Have a better relationship with family and friends Be liked and respected on and off social media Become more responsible and dependable Avoid drugs, alcohol, and tobacco Handle anxiety and avoid depression Be happier and more successful In this informative and powerful guide, teens will discover quick and practical solutions on how to live healthy and be successful throughout life.

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