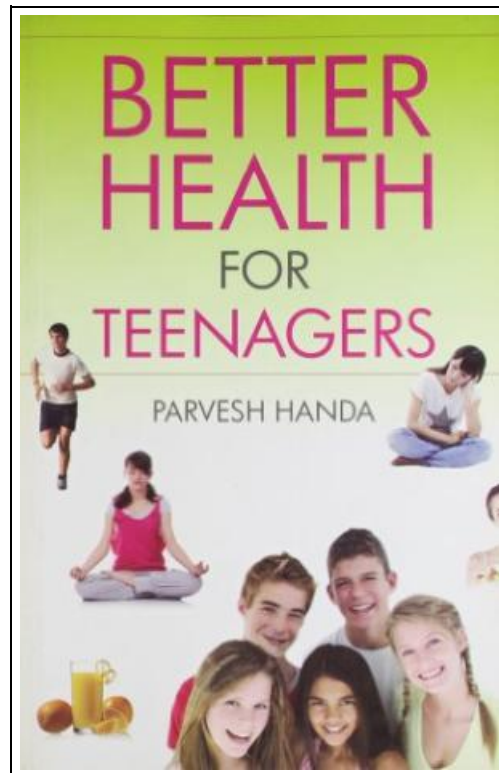


## Better Health for Teenagers



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## BETTER HEALTH FOR TEENAGERS



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Peacock/ Atlantic Publishers & Distributors (P) Ltd., 2012. Softcover. Book Condition: New. Teenagers are young boys and girls in the age group of 13 to 19. It is a transitional stage of physical and psychological development occurring between puberty and adulthood. The period of adolescence is most closely associated with the teenage years although its physical, psychological and social expressions can begin earlier and end later. During adolescence, changes occur in cognitive ability, relativistic thinking, wisdom, identity development, self-concept, social relationship, romance and sexuality. Thus, it is the most important period of life when rapid and sudden changes in physical, psychological and physiological developments occur in the body. The purpose of this book is to apprise the readers with all the changes?internal as well as external?taking place in adolescents, both males and females. Many types of problems associated with growth, from puberty to adulthood, have been discussed. A number of diseases, particularly those relating to the sexual organs and reproductive systems of boys and girls, like genital herpes, genital warts, gonorrhoea, syphilis and trichomoniasis have been discussed. Methods of treatment thereof have also been suggested. Adolescence is also the age during which boys and girls face certain mental and emotional conflicts. In some cases there may be negative mental attitudes leading to illness, anxiety, depression, anger, panic, stress, etc. The book studies these situations, provides useful tips on emotional health and suggests ways and means to develop among the teens, the ability to handle these conditions in a proper way. Addiction to alcohol, tobacco and general drug abuse is common among teenagers these days. The book explains the harmful effects thereof on various organs and systems of the body and suggests the methods of avoiding addiction, etc. The book is a complete guide on better health for teenagers and will...



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