

Teen Health | 2007 | Justin Healey | 9781920801670 | Spinney Press, 2007

Teenage girls encounter many physical, emotional and personal changes, which are sometimes confusing, but all normal parts of growing up into women. For information and support on Teen Health, please see the recommended organizations, books and Spanish-language resources listed below. Teen Health Books - Sexual Health, Mental Health, Fitness & Nutrition. 1. The Teen Health Book: A Parents' Guide to Adolescent Health and Well-Being, by Ralph I. Lopez Ralph I. Lopez, a pioneer in the field of adolescent medicine, is known for his warm and accessible manner and offers health and medical information in a clear and conversational tone. Addressing both physical and emotional concerns, this essential guidebook discusses the full spectrum of adolescent issues from sexual development and eating With the publication of The Teen Health Book parents will finally have a single volume to help them navigate the confusing changes of the adolescent years. Ralph I. Lapez, a pioneer in the field of adolescent medicine, is known for his warm and accessible manner and offers health and medical information in a clear and conversational tone.