



YOU Rule! Take Charge of Your Health and Life: A Healthy Lifestyle Guide for Teens

Dr Antwala Robinson

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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 and confidence
- 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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Johnny Allen:

In this 21st millennium, people become competitive in each way. By being competitive right now, people have to do something to make these individuals survive, being in the middle of the actual crowded place and notice through surrounding. One thing that occasionally many people have underestimated the item for a while is reading. Yep, by reading a publication your ability to survive increase then having chance to remain than other is high. For yourself who want to start reading any book, we give you this specific YOU Rule! Take Charge of Your Health and Life: A Healthy Lifestyle Guide for Teens book as beginner and daily reading guide. Why, because this book is more than just a book.

Helen Mota:

The actual book YOU Rule! Take Charge of Your Health and Life: A Healthy Lifestyle Guide for Teens has a lot info on it. So when you read this book you can get a lot of profit. The book was published by the very famous author. McDougal makes some research previous to write this book. This kind of book very easy to read you can obtain the point easily after reading this book.

Jillian Diaz:

Playing with family in a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, thrilling like on roller coaster you are ride on and with addition associated with. Even you love YOU Rule! Take Charge of Your Health and Life: A Healthy Lifestyle Guide for Teens, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its called reading friends.

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