



## Managing Your Teenage Life

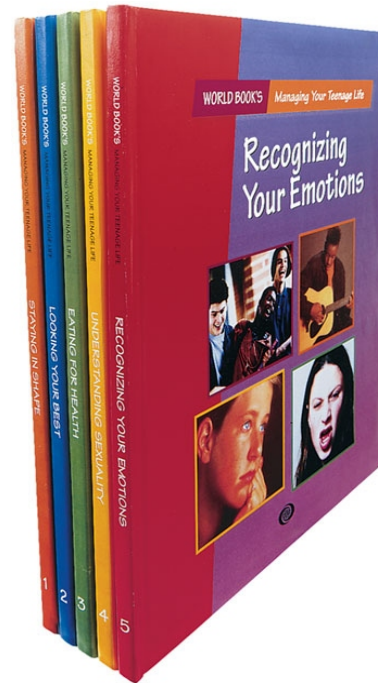
Topics include exercise, proper nutrition, appearance, reproduction and human sexuality, peer pressure, divorce, substance abuse, depression, and dating.

### Features:

- Information is presented sensitively and candidly to help teens understand themselves, make better choices, and feel confident when seeking advice from adults.
- Cumulative index at the end of each volume.
- 64 pages per book.
- Series reviewed by a team of physicians at Rush-Presbyterian-St. Luke's Hospital, Chicago.
- These five volumes offer a comprehensive resource specifically for teens.

### Titles include:

Staying in Shape  
Looking Your Best  
Eating for Health  
Understanding Sexuality  
Recognizing Your Emotions



### Reviews:

**"Managing Your Teenage Life is authoritative, reassuring, and totally without attitude."**

School Library Journal

### Order information:

Interest level:	Grade 6 and up
ISBN:	0-7166-6700-2
SKU:	20112
Volumes:	5
Pages:	336
Trim Size:	8 7/8" x 11 1/8"
Price:	<b>Rs. 6,000.00</b>

### Contact:



## INDIGO DIRECT MARKETING LIMITED

Indian Mercantile Mansions (Extn.), 5th Floor, Madame Cama Road, Colaba, Mumbai - 400 001. (INDIA)  
Tel # 022 - 6624 2222 / 2204 8096 Fax # + 91 - 22 - 2285 1109 email # indigoedu@vsnl.net www.indigoedu.com