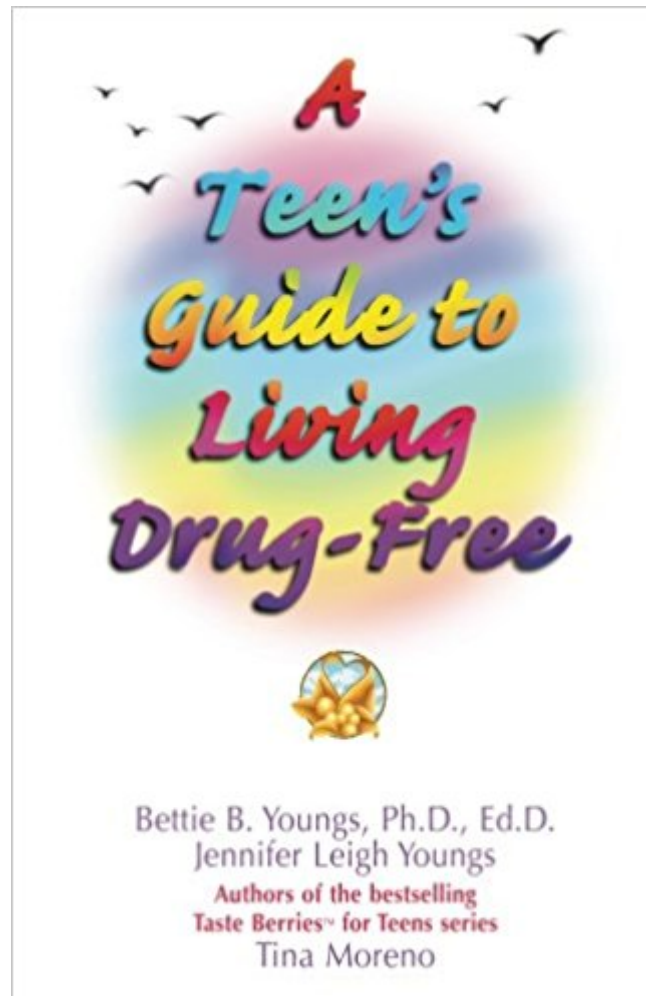




The book was found

# A Teen's Guide To Living Drug Free (Taste Berries For Teens)



## Synopsis

Dedicated to the fresh, new perspectives of today's teenagers (from twelve through twenty), this new volume shares advice, commentary and stories on dealing with one of the most prevalent challenges of adolescence: drugs and alcohol. But more and more, teens are using their courage and knowledge to meet this challenge head-on, choosing to live a drug- and alcohol-free lifestyle. This book gives teens insight on what to do when things seem beyond their control and it will help them to:

- Know the facts about how drugs and alcohol physically and mentally affect the human body
- Understand why, how and when chemical dependency sets in
- Succeed in saying "no", even when friends or peers are saying "yes"
- Deal with the situation when friends' or family members' usage is out of control
- Know what to do if they become chemically dependent
- Realize that using drugs or alcohol can alter ambitions, change priorities, misalign goals, and undermine relationships
- Manage their roller coaster emotions by providing alternatives

Divided into six units, each chapter opens with a story from a teen and concludes with "Questions to Think About," to allow the realistic and honest message to set in. Resources and referrals, as well as information on twelve-step programs, are also included.

## Book Information

Series: Taste Berries for Teens

Paperback: 370 pages

Publisher: HCI Teens (January 15, 2003)

Language: English

ISBN-10: 0757300413

ISBN-13: 978-0757300417

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,096,625 in Books (See Top 100 in Books) #26 in Books > Children's Books > Growing Up & Facts of Life > Health > Substance Abuse #103 in Books > Teens > Personal Health > Drug & Alcohol Abuse #273 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Drugs

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

You can get through the teen years without falling prey to drugs and alcohol. This book will show you how. As most teens like you know, drugs and alcohol are everywhere; pretending they don't exist could be dangerous. Sooner or later you'll have to make a decision on where you stand. Be smart! In *A Teen's Guide to Living Drug-Free*, you will find advice from experts as well as stories and tips about living a drug- and alcohol-free life from teens who have "been there." You'll discover: The plain facts about alcohol and drugs and their effects on the body and mind, including the difference between "using" and "chemical dependency" (addiction) Assertive and "cool" ways to say "no" to using drugs and alcohol Information on where to go when you (or a friend or family member) need help with getting clean and sober. Skills to prevent relapse and successfully cope with the stress and situations that "trigger" relapse Practical ways to grow in your recovery and live life drug- and alcohol-free A guided journal section for getting a clearer perspective on your problems and their solutions, and creating your personal plan for a drug-free life

Bettie B. Youngs, Ph.D., Ed.D., and her daughter Jennifer Leigh Youngs, coauthored six previous books in the runaway best-selling series, *Taste Berries for Teens*. Bettie has appeared frequently on CNN, NBC Nightly News and Oprah. Her acclaimed books include *Safeguarding Your Teenager* from the *Dragons of Life*; *Taste-Berry Tales*; *Gifts of the Heart*; and the award-winning *Values from the Heartland*. Jennifer is a speaker and a workshop presenter for teens and parents nationwide. She is also the author of *Feeling Great*, *Looking Hot & Loving Yourself!* and *Goal-Setting Skills for Young Adults*. Tina Moreno is a substance-abuse counselor whose experience includes counseling high-risk youth and women in all stages of early recovery. Ms. Moreno is founder and coordinator of *Seeds of Grace Recovery Services*

This is an excellent book to educate teenagers about drug use. I Purchased two!!

After reading ms youngs book *A teen's guide to living drug free*, I would think that she would have named it a teens guide to being a drug-e, this book really had good points but I dont think a book can do the work to keeping teens sober they need more drug education class's in schools.

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*A Teen's Guide to Living Drug Free* (*Taste Berries for Teens*) *Wild Berries & Fruits Field Guide* of Minnesota, Wisconsin and Michigan (*Wild Berries & Fruits Identification Guides*) *Nuts and Berries of New England: Tips And Recipes For Gatherers From Maine To The Adirondacks To Long Island Sound* (*Nuts and Berries Series*) *How to Grow More Vegetables*, Eighth Edition: (and Fruits, Nuts,

Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) Gardening: Hydroponics for Self Sufficiency - Vegetables, Herbs, and Berries (Herbs, Berries, Organic Gardening, Canning, Homesteading, Tomatoes, Food Preservation) Gardening: Hydroponics for Self Sufficiency - Vegetables, Herbs, & Berries (Herbs, Berries, Organic Gardening, Canning, Homesteading, Tomatoes, Food Preservation) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Drug Addicts- Prescription Pill Drug Abuse: How to Deal With an Addict Adult, Friend, Family Member, Teen or Teenager Who is Addicted to Medications (Prescription Pill Drug Abuse Help) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Cookbook For Teens: Teen Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For Teenagers All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologuesfor Teens by Teens (Young Actors Series) Perennial Plants: Grow All Year Round With Perrenial Plants, Vegetables, Berries, Herbs, Fruits, Harvest Forever, Gardening, Mini Farm, Permaculture, Horticulture, Self Sustainable Living Off Grid. CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids)

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