



**A
Teen's
Guide to
Living
Drug-Free**



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Tina Moreno

Teens Guide To Living Drug Free

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Teens Guide To Living Drug Free:

A Teen's Guide to Living Drug Free Bettie B. Youngs, Jennifer Youngs, Tina Moreno, 2003-01-15 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

Teen's Guide To Living Drug-free Bettie B. Youngs, Jennifer Leigh Youngs, Tina Moreno, 2003-01-01 Suggests ways to help teenagers make informed decisions about using alcohol or drugs

Woman to Woman Wisdom Bettie Youngs, Linda Caldwell Fuller, Donna Schuller, 2005-08-28 Whether your heart is burdened or bursting with joy nothing satisfies quite like talking things over with another woman Regardless of the paths our lives take all women are sisters we speak a common language we share a universal bond Because the hopes and dreams that both burden and give flight to a woman's heart dwell within all of us we create relationships that are intensely rich precious and prized Thus we comfort and encourage each other we help each other through life's ups and downs we know each other's experiences as if they were our own we are a blessing to each other As this book of beautiful inspirational life lessons reveals sharing the experiences of our lives imbues us with a wisdom the soul reveres Nothing happens without God's permission

Getting Back Together

Bettie B Youngs, Masa Goetz, Suzy Farbman, 2006-02-15 You can save your relationship The divorce courts are littered with broken marriages and broken lives Yet most people would save their marriages if only they knew how Getting back together is the solid comprehensive guide you can count on to get your relationship back on track No matter what issues you may face this step by step program shows you how to take the initiative reconcile your differences and remake your relationship from the ground up In this completely revised edition Drs Young and Goetz provide the most current studies and relationship evaluation tools available They also include numerous inspiring real life stories of couples that have resurrected and renewed their relationships Packed full of valuable information and comforting advice Getting Back Together helps couples beat the odds and build a new happier life together forever

I've Got This Friend Who Anonymous, 2010-07-08 Personal stories fast facts and self tests help young readers recognize when a friend or family member is in trouble identify and seek help for their

own issues and practice self care to avoid feeling overwhelmed by others problems This interactive book helps teens handle difficult issues alcohol or other drug use depression eating disorders and more Personal stories fast facts and self tests help young readers recognize when a friend or family member is in trouble identify and seek help for their own issues and practice self care to avoid feeling overwhelmed by others problems

I Am Addicted to Drugs. Now What? Tracy Brown Hamilton,2016-12-15 This book helps readers navigate the warning signs of addiction and how to cope with overcoming it Includes resources and destigmatizes the disease so that users can find the proper help and support they need to break their dependency and stay sober *School Library Journal* ,2003

Kliatt Young Adult Paperback Book Guide ,2003

101+ Great Ideas for Teen Library Web Sites Miranda Doyle,2007 Presents ideas on how to create websites for teenagers from the basics such as links and catalogs to technical skills relating to elements like blogs feeds and podcasting

Storytelling Magazine ,2004 *Publications Catalog* California. Department of Alcohol and Drug Programs. Resource Center,2007

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