



# **The Teen Health Book: A Parents' Guide to Adolescent Health and Well-Being**

*Ralph I. Lopez*

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# The Teen Health Book: A Parents' Guide to Adolescent Health and Well-Being

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**“A terrific book for parents of teens (and preteens). . . . López writes with empathy and good humor and clearly has a thorough grounding in—and affection for—his specialty.” —*Library Journal*, starred review**

A *What to Expect* for the teen years. 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. 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 disorders to acne, growth issues, and alcohol and drug use. In addition, a comprehensive reference section details the common and not-so-common ailments of teenagers. Dr. Spock is the bible for parents of toddlers; *The Teen Health Book* will be the bible for parents of teens.

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