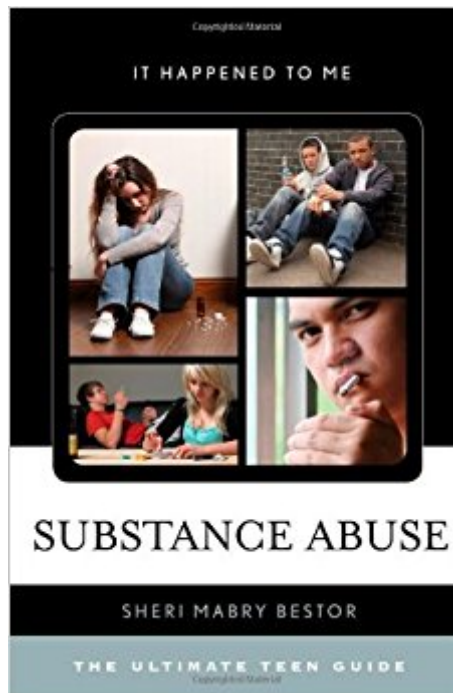


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# Substance Abuse: The Ultimate Teen Guide (It Happened To Me)



## Synopsis

There are a variety of reasons young people turn to drugs, and the impact of such behavior can often be devastating. Whether alcohol, marijuana, ecstasy, or the latest drug of choice, substance abuse among teens continues to be a concern. This disorder affects so many people in one way or another, not only the addicted individual but also his or her family members and friends. In *Substance Abuse: The Ultimate Teen Guide*, Sheri Mabry Bestor looks at the various reasons why young people experiment with drugs and alcohol and the consequences of doing so. Written to help young adults and those close to them understand substance abuse disorder, this book is full of important and practical information from various experts. In addition to facts, statistics, and advice, this book also provides insights from real people—teen addicts and others—who have been affected by substance abuse. Topics covered in this book include: exposure to alcohol and drugs reasons people experiment with addictive substances physical and emotional aspects of addiction treatment options relapses recovery The chapters in this book take readers through the process of substance use to substance abuse, from curiosity and experimentation to full-blown addiction and recovery. The chapters feature not only true life stories, but also contain information about how substance abuse affects the body and brain. Appendixes include a list of resources, including web sites, books, and movies that teens will find useful. Designed to give teens the tools for understanding this disorder from various perspectives, this book is a valuable resource for anyone affected by substance abuse.

## Book Information

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## Customer Reviews

A combination of personal stories, statistics and recent studies, and a discussion of the cultural/societal perception and treatment of the topic. . . clearly presented and easily digestible information useful for establishing a solid knowledge base. (Library Journal) Substance Abuse: The Ultimate Teen Guide is designed with the high school age student in mind who wants a broad overview of the physical and emotional issues associated with substance abuse and teen use of drugs and alcohol. While the teenage years are a time of great emotional and psychological change, there are many issues that may arise for the teen dealing with substance abuse. The work focuses on the exposure that teens today have to substances, the reasons that teens experiment with drugs and alcohol, the physical and emotional aspects of addiction, and relapse and recovery. Information in this work is presented through the personal stories of teens and young adults who have lived through the experience of drug and alcohol abuse; most of the stories focus on teenagers who have experienced substance abuse first-hand. Specific chapters address the experimentation stage, prevention of addiction, holistic methods of recovery, and recovery and relapse. The volume includes discussion questions at the end of each chapter to help teens verbalize their questions, up-to-date statistics, and first-hand advice from professionals. Teens who are experiencing issues with substance abuse first-hand, either themselves or with a parent or friend, will find this guide useful. The personal experiences shared in this book will appeal to this target audience and could be useful for students this age researching this topic. (American Reference Books Annual)

Sheri Mabry Bestor has an MA in Curriculum and Instruction, has taught elementary school, and has written for newspapers and magazines. She is the Founder and President of North Shore Academy of the Arts, Inc., a not-for-profit organization offering quality opportunities in the visual, performing, and literary arts.

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