

# SALEM PRESS

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## **Grey House Publishing & Salem Press Announce the First Edition of *Teens Growing Up: Skills & Strategies***

There is no greater time of personal flux and development than one's teenage years! This new title brings together informative and helpful information about the myriad aspects of teenage life, to aid parents, guardians, practitioners, and teenagers themselves in this crucial time in their lives.

Here are just some of the issues and topics covered in this wide-ranging resource:

- Anxiety and Depression
- Bipolar Disorder
- Bullying
- Eating Disorders
- Environmentalism
- Gender Identity
- LGBTQ+ Issues
- Money Management
- Peer Pressure
- Racism
- Sleep Disorders
- Tattoos and Piercings
- Time Management
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Body Dysmorphic Disorder
- Drug and Alcohol Use and Misuse
- Educations and Studies
- Family Dynamics
- Grief and Coping
- Mental Health
- Nutrition
- Physical Health
- Sex and Relationships
- Social Media
- Teen Parenting

All essays are written by experts in their fields, and start with a list of relevant issues and significance of the topic. Helpful subheads, photographs, and charts punctuate the essays, all of which end with an annotated list for Further Information. *Teens Growing Up: Skills and Strategies* is designed to help parents and teenagers alike find their way during this transitional time, from identifying the many complex issues that can arise, to putting solutions into place with the goal of guiding teens into adulthood.

### **BUY THE PRINT AND GET FREE ONLINE ACCESS**

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Salem's Literature, History, Health, Science and Careers titles, students and researchers can now access all of their Salem content in one comprehensive site. Any school or library with print reference content in Salem Press' database is entitled to online access to that content. This access is an inherent part of our product.

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*Teens Growing Up: Skills & Strategies*

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