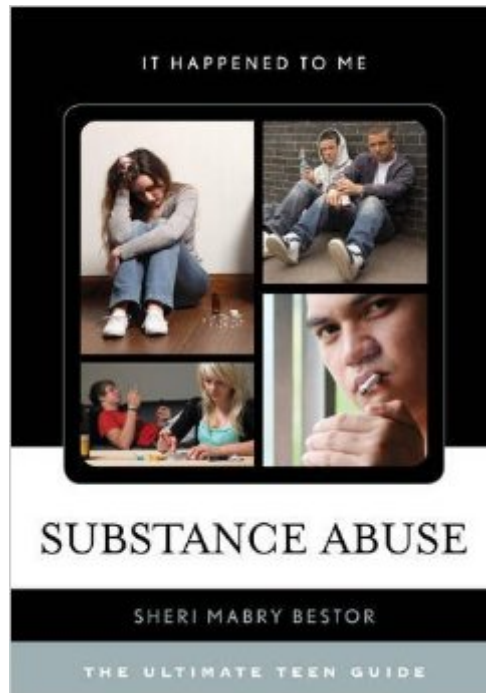# Substance Abuse: The Ultimate Teen Guide (It Happened To Me)

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 alcoholâ "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 peopleâ "teen addicts and othersâ "who have been affected by substance abuse. Topics covered in this book include:exposure to alcohol and drugs reasons people experiment with addictive substancesphysical and emotional aspects of addictiontreatment optionsrelapsesrecovery 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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Substance Abuse: The Ultimate Teen Guide (It Happened to Me) Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls DSST Substance Abuse Exam Secrets Study Guide: DSST Test Review for the Dantes Subject Standardized Tests (Mometrix Secrets Study Guides) Social Networking: The Ultimate Teen Guide (It Happened to Me) Autism Spectrum Disorder: The Ultimate Teen Guide (It Happened to Me) Eating Disorders: The Ultimate Teen Guide (It Happened to Me) Epilepsy: The Ultimate Teen Guide (It Happened to Me) Adopted: The Ultimate Teen Guide (It Happened to Me) Journey Beyond Abuse: A Step-By-Step Guide to Facilitating Women's Domestic Abuse Groups Child Abuse, Domestic Violence, and Animal Abuse: Linking the Circles of Compassion For Prevention and Intervention Hypnotically Enhanced Treatment for Addictions: Alcohol Abuse, Drug Abuse, Gambling, Weight Control and Smoking Cessation Teen Guide to Staying Sober (Drug Abuse Prevention Library) Abuse and Violence Information for Teens (Teen Health Series) Charles Ross: The Substance of Light Story: Substance, Structure, Style and the Principles of Screenwriting Fantastic Man: Men of Great Style and Substance The Substance of Civilization: Materials and Human History from the Stone Age to the Age of Silicon Sum and Substance Audio on Criminal Law A Teen Yearbook: My Life in My Own Words (The My Teen Years Collection Series)