

## A Young Woman's Survival Guide


From Brand: Health Initiatives For Youth


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An incredible resource for young women (and older folks too!), profusely illustrated and extremely user-friendly. Chapters include: “Relationships & Sexuality”; “Anatomy & Menstruation”; “STDs, HIV & Hepatitis”; “Birth Control, Safer Sex & Abortion”; “Young Women”, “Pregnancy & Good Health”; “Nutrition, Sports & Fitness”; “Abuse & Self-Defense”; “Alcohol, Drugs & Cigarettes”; “How To Be Your Own Advocate”; and a massive resources guide—this is the real deal. Start dealing with it, and buy it for those who aren't. Essential. And now in a new, updated, revised, and expanded second edition.

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### Users Review

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled A Young Woman's Survival Guide can be fine book to read. May be it may be best activity to you.

##### **Cindy Moats:**

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##### **Major Talley:**

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