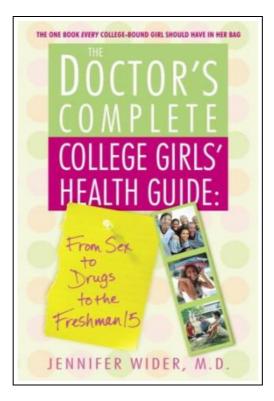
The Doctor s Complete College Girls Health Guide: From Sex to Drugs to the Freshman Fifteen



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Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe. *(Lily Ryan)*

THE DOCTOR S COMPLETE COLLEGE GIRLS HEALTH GUIDE: FROM SEX TO DRUGS TO THE FRESHMAN FIFTEEN



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Random House USA Inc, United States, 2006. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book. Congratulations, you ve made it. Now it s time for some serious girl talk about how you re going to get through the next four years in a new place while trying to make new friends, fit in, and get good grades.all on your own! Destined to become a college girl s best friend, this head-to-toe guide will keep you physically, mentally, and emotionally healthy on the exciting journey to independence and adulthood. Dr. Jennifer Wider has networked with college girls around the country to find out the information they needed most. Here are answers to all your questions about: - Sexuality and birth control -Eating disorders -Sleep problems -Weight management -Pap smears and gynecological health -Protecting yourself against STDs -Handling depression, anxiety, loneliness, and stress -Treating PMS, PMDD, yeast and urinary tract infections -Drugs and addiction - Proper diet and nutrition -Surviving spring break -Navigating the college health center -And much more From the common cold to tattooing to what every girl should pack in her campus health kit, you Il find it here. Written in consultation with college grads who ve been there and done that, this is the most important book you Il carry for the next four years.

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