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Salem Press Adds a Brand New Title to the Salem Health Series: *Adolescent Health & Wellness*

Edited by Paul Moglia, PhD from South Nassau Communities Hospital in Oceanside, NY, *Adolescent Health & Wellness* is an overview of and guide through the exciting and exacerbating, confident and confusing, and triumphant and despairing years from puberty through young adulthood. This title is designed to address three major areas that typically affect adolescents: **physical and emotional issues; non-health topics with tremendous potential impact**, like safe sex, paying for college, bullying, and leadership; **and socially relevant issues**, like shopping locally and recycling.

Marked by extremes and contrasts, adolescence is where the importance of being a part of a family is seemingly eclipsed by being apart from that same family. The challenges adolescents face are paralleled by the challenges of their adult caregivers: when to let life's lessons do the instruction; when to hold to zero tolerance; when to call for another lap. *Adolescent Health & Wellness* is both a review of most adolescent topics and a guide over those fogged waters. Topics have been divided loosely into a range of categories:

- **Schools and Jobs**
- **Critical Skills**
- **Staying Safe**
- **Diversity**
- **Grief and Loss**
- **Going Online**
- **Disabilities and Disorders**
- **Health and Illness: Diseases and Conditions**
- **Going Green**
- **Nutrition and Staying Fit**
- **Sexuality and Sexual Health**
- **Drugs, Alcohol, and Addictions**
- **Advice from Teens**
- **Health Myths**

This new first edition comprises three volumes, 483 articles, and 19 major categories. In addition to material updated from other Salem Health titles, *Adolescent Health & Wellness* includes over 130 brand new articles, notably on current topics of vital interest to 13 to 21 year olds, their parents, guardians, and caregivers.

Articles in *Adolescent Health & Wellness* range from one to eight pages in length. Each begins with an italicized summary of the topic, and the text continues in clear, concise language, thoughtfully punctuated with helpful subheads. All articles include a list of **Further Reading**,

annotated for additional insight, and **See Alsos** to guide the reader to supplemental material throughout the work. *Adolescent Health & Wellness* also includes three appendixes and a general index. The appendixes include: Four Glossaries - **Psychological Terms, Green Terms, Healthy Eating Terms, and Prescription Drug Terms; Web Sites and Organizations** – more than 150 annotated web site listings and organizations relevant to adolescents, young adults, and their young adult network; **Mediagraphy** – more than 50 films and books with adolescent themes and characters, all with detailed descriptions; and a **Subject Index**.

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Adolescent Health & Wellness

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