

# SALEM PRESS

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## **Salem Press Announces the Second Edition of *Adolescent Health & Wellness***

Edited by Paul Moglia, PhD from South Nassau Communities Hospital in Oceanside, NY, *Adolescent Health & Wellness, Second Edition* 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, Second Edition* 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:

- **Critical Skills**
- **Staying Safe**
- **Diversity**
- **Grief and Loss**
- **Going Online**
- **Disabilities and Disorders**
- **Relationships**
- **Skills for Success**
- **Your Emotional and Mental Health**
- **Health and Illness**
- **Going Green**
- **Infections**
- **Nutrition and Staying Fit**
- **Sex and Sexual Health**
- **Drugs, Alcohol, and Addictions**
- **Advice from Teens to Teens**
- **Health Myths**
- **Vaccines and Vaccinations**
- **Your Body**

This fully reviewed and updated edition features newly added content across the work, particularly in sections such as Going Online, Relationships, Sex and Sexual Health, Staying Safe, and Your Emotional and Mental Health.

This new, three-volume edition includes dozens of brand-new articles, covering topics such as artificial intelligence, cyberbullying, family dynamics, and online safety. *Adolescent Health &*

*Wellness, Second Edition* features over 500 articles, spanning across 19 major categories. Topics covered are of vital interest to 13 to 21 year olds, their parents, guardians, and caregivers.

Articles in *Adolescent Health & Wellness, Second Edition* 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, Second Edition* also includes seven appendixes and a general subject index. The appendixes include: Five Glossaries – **Developmental and Psychological Terms, Diversity Terms, Green Terms, Healthy Eating and Weight Control Terms,** and **Prescription Drug Abuse Terms; Web Sites and Organizations** – more than 200 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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