

books to read

books for adults

Adolescent Drug & Alcohol Abuse

by Nikki Babbit

Publisher: Patient Centered Guides - 2000

Language: English

ISBN: 1565927559

Adolescent Drug & Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family

Is your child involved with drugs? Adolescent drug abuse and chemical dependency can happen to any teenager, whatever their drug education, economic level, neighborhood, school, or church attendance. It can happen whether parents are married or divorced and regardless of how much they know about effective parenting. Adolescents are aware of potential dangers when they use drugs or binge on alcohol, but they think they are invincible and will escape the dangers.

Cool Parents, Drug-Free Kids

by Robert Cooms

Publisher: Allyn & Bacon - 2001

Language: English

ISBN: 0205324827

This book helps parents learn how to reach out to their kids in healthy and supportive ways, hopefully deterring them from experimenting with drugs.

Drugs and Kids: How Parents Can Keep Them Apart

by Gary L. Somdahl

Publisher: DIMI Press - 1996

Language: English

ISBN: 0931625300

Parents can help keep drugs and kids apart with the use of this resource which answers questions on prevention techniques. From preventing suicide to handling suspicions of drug involvement, this takes parents on a step-by-step course for determining problem severity.

Drugs, Alcohol, and Your Children

by Judith Seixas

Publisher: Penguin Books; revised edition - 1999

Language: English

ISBN: 0140280472

An invaluable, hands-on resource guide for parents confronting the threats of drugs and alcohol. Throughout this decade, the number of kids using and abusing drugs and alcohol continues to rise--in the suburbs as well as the cities, and in an increasingly younger population. Based on the latest research, statistics, and trends about all kinds of drugs--including tobacco--this handbook will help today's parents handle the frightening and confusing realities of drug use among young people.

Fail-Safe Parenting

by J. Stuart Rahrer

Publisher: Pharos Consulting & Publications - 1998

Language: English

ISBN: 1890897159

Fail-Safe Parenting: A Personalized, Foolproof Plan to Prevent or Stop Your Child's Alcohol-Drug Abuse...Now!

Generation Risk

by Corky Newton

Publisher: M. Evans and Company, Inc. - 2001

Language: English

ISBN: 0871319403

Generation Risk: How to Protect Your Teenager from Smoking and Other Dangerous Behavior

The author, Corky Newton, heads the youth smoking prevention program for Brown & Williamson Tobacco Corporation and brings an insider's insights into the dangers of cigarette smoking.

How to Cope With a Teenage Drinker

by Gary G. Forrest

Publisher: Jason Aronson - 1997

Language: English

ISBN: 076570062X

How to Cope With a Teenage Drinker: Changing Adolescent Alcohol Abuse offers guidelines to parents, relatives, and friends for helping an alcohol-abusing teenager to recognize his problem and leading him out of destructive behavior and habits.

How To Help Your Kids Choose to Be Tobacco Free

by Robert Schwebel

Publisher: Newmarket Press - 1999

Language: English

ISBN: 155704368X

Noted family therapist and substance-abuse prevention expert, Dr. Robert Schwebel, shows parents how to help their children learn to make good decisions and prepare them to meet their physical, social, and emotional needs without tobacco. He urges parents to start their tobacco prevention efforts early, and to take action to debunk tobacco advertising. This book offers specific guidance for parents of children at any stage of tobacco use--from disdain of the drug, to experimentation, to regular use, and even to addiction.

Just Say Know: Talking With Kids About Drugs and Alcohol

by Cynthia Kuhn

Publisher: W. W. Norton & Company - 2002

Language: English

ISBN: 0393322580

From the authors of Buzzed and Pumped, a no-nonsense guide to what kids should know to make healthy decisions. All of our children deserve the chance to be as bright, successful, and healthy as they can be. But our kids are threatened by the wide availability of alcohol and other drugs in our society. Everyone agrees that the best protection is education, but exactly what do you say? Just Say Know gives parents, educators, and health professionals powerful tools to talk with kids about how alcohol and other drugs interact with their minds and bodies. In a simple, easy-to-read format, it teaches adults what they need to know about a wide range of drugs.

Keeping Kids Drug Free: D.A.R.E. Official Parent's Guide

by Glenn A. Levant

Publisher: Laurel Glen Publishing - 1997

Language: English

ISBN: 1571456252

23 million Americans abuse drugs. 7.8 million school children report that they use illegal drugs.

The drug problem is real, but you can keep your kids healthy and safe from drugs and violence.

Since 1983 D.A.R.E. has been helping parents and kids to make positive choices concerning drugs.

This book will help you know about specific drugs and their major effects, recognize signs of drug use/abuse, and encourage positive self-esteem in your child.

Parenting 911

by Charlene Giannetti

Publisher: Broadway - 1999

Language: English

ISBN: 0767903218

In our risk-filled world, 10- to 15-year-olds trust their parents to be there when the chips are down. Many parents are well-meaning but often paralyzed with fear, unsure whether and how to intervene:

"My son is always shut up in his room. Could he be using drugs?"

"Lately my daughter is obsessed with her weight. Does she have an eating disorder?"

"Since the divorce, my son has been so angry. Could he be depressed, too?"

"After going out with her boyfriend, my daughter came home with a bruise. Did he hit her?"

"Someone my daughter met in a chat room wants to meet in person. Is that safe?"

Drawing on a national survey of parents, teachers, and students, interviews with a wide range of experts, and the latest research, and written with the support of the National Middle School Association, Parenting 911 brings parents the information and reassurance they need to identify and

handle the crises that can erupt even in the best of homes. You'll find invaluable advice on:

Substance abuse Sexual encounters Troubling friends Depression Eating disorders Violence Breaking the law Nontraditional family structures Failure in school Extreme sports Online dangers

Saying No Is Not Enough

by Robert Schwebel

Publisher: Newmarket Press - 1998

Language: English

ISBN: 1557043183

Saying No Is Not Enough: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, And Other Drugs - A Guide for Parents

The winner of a Parents' Choice Award, this acclaimed prevention and intervention guide for parents of children aged 3 through 19 presents a complete, step-by-step program, time-tested over the last 25 years.

Ten Talks Parents Must Have With Their Children About Drugs and Choices

by Dominic Cappello

Publisher: Hyperion - 2001

Language: English

ISBN: 0786886641

A parent's guide to preventing drug abuse presents ten effective, step-by-step strategies to help explore the issue of drugs with children, discussing such topics as street drugs, alcohol use vs. abuse, family rules and the law, addiction to nicotine, prescription drug use, and finding help.

books for children ages 7 to 12**Everything You Need to Know About Smoking**

by Elizabeth Keyishian

Publisher: Rosen Publishing Group; 1st ed edition - 1989

Language: English

ISBN: 0823910172

Discusses the dangerous effects of smoking, why people start, why it's so hard to quit, and how to stop smoking.

Focus on Cocaine and Crack

by Jeffery Shulman

Publisher: Twenty-First Century Books -1990

Language: English

ISBN: 0941477983

Discusses how cocaine and crack affect the mind and body and presents a brief history of cocaine use.

Say No and Know Why: Kids Learn About Drugs

by Wendy Wax

Publisher: Walker & Company - 1992

Language: English

ISBN: 0802781411

Follows students as they experience an anti-drug program involving activities such as watching nurses and doctors in action and attending a drug trial.

Smoking Stinks

by Kim Gosselin

Publisher: Jayjo Books - 2002

Language: English

ISBN: 1891383205

A story of a young girl's attempt to get her grandfather to give up cigarettes.

The Berenstain Bears and the Drug Free Zone

by Stan Berenstain

Publisher: Random House Books for Young Readers - 1993

Language: English

ISBN: 0679836128

Brother and Sister Bear try to solve the mystery of how illegal drugs are getting into their school.

books for young adults**Danger: Cocaine**

by Ruth Chier

Publisher: PowerKids Press - 1997

Language: English

ISBN: 0823923371

Describes how cocaine is made and the dangers of using it.

Danger: Crack

by Ruth Chier

Publisher: PowerKids Press - 1997

Language: English

ISBN: 082392338X

Describes how crack is made from cocaine and the dangers of using it.

Danger: Marijuana

by Ruth Chier

Publisher: PowerKids Press - 1997

Language: English

ISBN: 0823923355

Discusses the effect of marijuana on humans and the value of avoiding its use.

Inhalants: Just the Facts

by Sean Connolly

Publisher: Heinemann - 2002

Language: English

ISBN: 1588106799

Provides an overview of the issues surrounding inhalant abuse.

Pumped: Straight Facts for Athletes About Drugs, Supplements, and Training

by Cynthia Kuhn

Publisher: W. W. Norton & Company - 2000

Language: English

ISBN: 0393321290

Steroids, stimulants, supplements: today's athlete is offered an array of drugs and dietary enhancements to solve every problem from weight to speed. What's safe? What works? What's a waste of money? Pumped offers the latest research-based information in an accessible and informative style.

Taking Charge of My Mind and Body

by Gladys Folkers

Publisher: Free Spirit Publishing - 1997

Language: English

ISBN: 1575420155

Taking Charge of My Mind and Body: A Girls' Guide to Outsmarting Alcohol, Drugs, Smoking, and Eating Problems offers advice, with quotes from teenagers, on making appropriate choices about using alcohol and other drugs, smoking, dealing with body image and eating disorders, and other adolescent concerns.

Watermelon in a Cucumber Patch

by G.I. Shaw

Publisher: Joy Enterprises - 1994

Language: English

ISBN: 0963945009

I wrote Watermelon In a Cucumber Patch because I wished someone had written a book like it when I was a teenager. It would have saved me years of feeling bad about myself. I've struggled with a weight problem all my life.

books written in Spanish**Alerta a la cocaína y el crack**

by Jeffery Shulman

Publisher: Childrens Press - 1991

Language: Spanish

ISBN: 0516373528

Discusses how cocaine and crack affect the mind and body and presents a brief history of cocaine use.

Hijos sanos en un mundo invadido por las drogas

by William Mack and Nancy M. Perkins

Publisher: Patria Editorial - 1994

Language: Spanish

ISBN: 9683906397

Spanish-language translation of Raising Drug Free Kids in a Drug-Filled World.