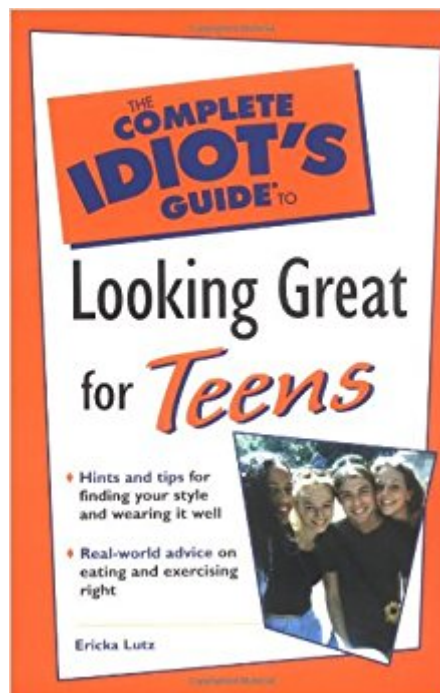




The book was found

Complete Idiot's Guide To Looking Great For Teens (The Complete Idiot's Guide)



Synopsis

This guide, written for teenagers, both boys and girls, gives advice on health, fitness, and appearance. It discusses several ways to stay fit, from team sports to aerobics and weight training; includes tips on skin care, makeup, fashion, style, diet, and weight control; and gives guidelines for making smart choices about smoking and drinking.

Book Information

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Customer Reviews

According to author Ericka Lutz, "Looking great starts from the inside, with feeling healthy and fit and confident and happy. It moves to the outside, by using the features you have and the styles you choose to express the individual you are." With that in mind, this fun and informative guide proceeds to give hands-on advice about how to improve how you look, from the inside out (nutrition and exercise) and the outside in (grooming and style). Guys and girls will benefit from reading such chapters as "Your Life in the Teen Machine," "Balanced Diet 101," "Setting Up and Exercisin' It," "The Skin You're In," "Stress Busting," and "Attack of the Hormones!" Packed with useful tips on healthy living, and written in a hip, bouncy style, the guide addresses the burning questions and concerns teens are dealing with today. Regular side features such as "PHAT Fact," "He Sez," and "Beautiful? NOT!" offer brief quips and hints, and every chapter ends with a highlighted summary called "The Least You Need to Know." The emphasis here is on smart, realistic goals and self-awareness. Diet and workout myths are debunked ("Get this: diets are fattening!"), reassurance is offered ("It's normal for both girls and guys to get a little pudgy during adolescence. Blame it on

hormones. Blame it all on hormones!"), and sobering facts are presented ("Without using birth control, four out of five couples having intercourse will get pregnant in the first year. Protect yourself, every time!"). This is real-world advice for teens in the new millennium. (Ages 13 and older) --Emilie Coulter

This guide, written for teenagers, both boys and girls, gives advice on health, fitness, and appearance. It discusses several ways to stay fit, from team sports to aerobics and weight training; includes tips on skin care, makeup, fashion, style, diet, and weight control; and gives guidelines for making smart choices about smoking and drinking.

I purchased this book based on reviews from others - actually I purchased 6 book for all the girls in my Girl Scout troop. I had planned to discusses beauty and health tips. Over 70% of this book is about weight loss or weight management - I was very disappointed... and the books still sit in the box.

Idiot's Guide to Looking Great for Teens is an invaluable book that's filled to the top with useful information about nutrition, eating a healthy and balanced diet, what vitamins and minerals are good for you and in which foods they are mostly found, fitness, gyms, home gyms, playing on a sports team, dealing with zits, hormones, stress, image, keeping your skin and hair healthy, etc-- it's basically a detailed and extremely informative guide to staying healthy and fit during your teen years. It's fun to read and the author uses an engaging, "you can do it" tone, and if you're interested in learning more about staying healthy and fit, it never gets boring. As a 13 year old, I love this book and think it's absolutely fantastic. It's hard to find information that's this detailed in any magazine, and it's by far one of the most informative books I've ever read. It's definately a great book for teens, and I highly recommend it.

I bought this book for my (almost teen aged)niece and she loved it! It offers such sensible yet real world advice for teens. I would also recommend it for any mothers of teenage girls. It helps to remind us all of what it is like to be a teen and the challenges of being a female teenager in this day and age. This book also makes a perfect gift. Buy it and you won't be sorry.

The Complete Idiot's Guide to Looking Great for Teensby Ericka Lutz, Roshumba Williams is a great book for teens who want to build up their image. It is filled with interesting and practical

information that covers almost every aspect of looking great, such as health, fitness, and style. The language used is easily understood by teens.

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