



YOU Rule! Take Charge of Your Health and Life: A Healthy Lifestyle Guide for Teens

Dr Antwala Robinson

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Being a teenager is one of the most exciting but stressful times for most teens. They are under constant pressure to deal with: body image, parent communication, academic stress, relationship drama, social media, bullying, additions, abuse, peer pressure, depression, and the list goes on. Making the right decisions during this time is critical to living a healthy lifestyle. In “YOU Rule! Take Charge of Your Health and Life,” family nurse practitioner, Dr. Antwala Robinson, answers teens most burning questions about health, puberty, sex, relationships, and success. Using real stories, 19 years of nursing experience, research, and knowledge, Antwala shows teens how to:

- Eat healthy and be more active
- Lose Weight
- Have more energy and confidence
- Avoid or protect themselves during sex
- Have a better relationship with family and friends
- Be liked and respected on and off social media
- Become more responsible and dependable
- Avoid drugs, alcohol, and tobacco
- Handle anxiety and avoid depression
- Be happier and more successful

In this informative and powerful guide, teens will discover quick and practical solutions on how to live healthy and be successful throughout life.

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