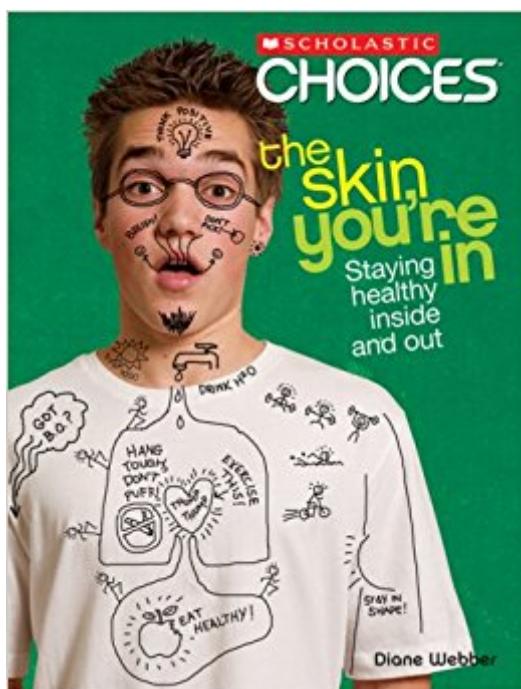


The book was found

# The Skin You're In: Staying Healthy Inside And Out (Scholastic Choices)



## Synopsis

Provides advice to teenagers on issues such as self-esteem, nutrition, exercise, weight management, sleep patterns, smoking, and alcohol use.

## Book Information

Lexile Measure: 900 (What's this?)

Series: Scholastic Choices

Paperback: 112 pages

Publisher: Children's Press(CT); Reprint edition (September 1, 2008)

Language: English

ISBN-10: 0531205274

ISBN-13: 978-0531205273

Product Dimensions: 7.8 x 5.8 x 0.2 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #3,307,048 in Books (See Top 100 in Books) #52 in Books > Teens > Personal Health > Personal Hygiene #67 in Books > Teens > Personal Health > Fitness & Exercise #8481 in Books > Children's Books > Growing Up & Facts of Life > Health

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

excellent

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Cures ... Eczema Therapy - Skin Care - Skin Disease) Psoriasis Cure: Treatments, Natural Remedies and Best Home Managements (Skin Disease, Skin Problems, Skin Diseases and Disorders Book 1) The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Are You Eating for A Healthy Skin?: 40 Vitamin Packed Recipes That Will Put Your Skin on the Road to Recovery SKIN CARE: The Secrets To A Healthy Youthful and Glowing Skin The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) Surviving Divorce: Teens Talk about What Hurts and What Helps (Scholastic Choices) Your Space: Dealing with Friends and Peers (Scholastic Choices) Scholastic Metaphysics: A Contemporary Introduction (Scholastic Editions à " Editiones Scholasticae) Lector de Scholastic Nivel 1: Clifford va al doctor: (Spanish language edition of Scholastic Reader Level 1: Clifford Goes to the Doctor) (Spanish Edition) Scholastic Pocket Thesaurus (Scholastic Reference) Scholastic explora tu mundo: Los planetas: (Spanish language edition of Scholastic Discover More: Planets) (Spanish Edition) Scholastic Q & A: Why Do Volcanoes Blow Their Tops? (Scholastic Question & Answer) Scholastic Success With: Grammar, Grade 3 (Scholastic Success with Workbooks: Grammar)

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