



The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health

Columbia University's Health Education Program

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A frank, streetwise *Our Bodies, Our Selves* for young men and women.

What's the best way to minimize a hangover?

Is it normal to have sex without experiencing an orgasm?

How can you tell if a friend of yours is suffering from an eating disorder?

Does smoking pot have long-term consequences?

Does Seasonal Affective Disorder really exist?

These are the questions young people are asking ... and until now, there's been no reliable book that has provided sensible, honest, and comforting answers specifically for this audience. The *Go Ask Alice Book of Answers* is a groundbreaking guide that mines the best material from the eponymous award-winning Web site. From sex and relationships to alcohol and drugs to fitness and nutrition, this comprehensive handbook is the first of its kind to provide much-needed information for young adults who cannot get reliable or anonymous information from conventional channels.



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Latoya Jones:

Many people spending their time frame by playing outside having friends, fun activity with family or just watching TV all day long. You can have new activity to pay your whole day by studying a book. Ugh, ya think reading a book will surely hard because you have to accept the book everywhere? It fine you can have the e-book, delivering everywhere you want in your Smart phone. Like The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health which is finding the e-book version. So , try out this book? Let's find.

Mary Stone:

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