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Sommario/riassunto	This essential self-help series offers down-to-earth information and advice on key issues that matter to teenagers. The guides are presented in a clear and accessible manner and will help the reader to understand the issue that they might be encountering and will provide tips on how they can deal with it. Full of case studies of people who have experienced and come through the issue that is being covered, each guide in this inspirational new series contains: an honest account of what it's like to experience the issue including interesting stats showing the number of people who are or who have been affected by it; an examination of the impact the issue might have on education, home and work life; a short quiz to explore why an individual might be experiencing the issue and to probe the reader's desires and expectations; important tips on coping and how to stay in control; advice and guidance on how to seek and where to go to for further help; and, related issues that might be worth exploring.