



# Substance Abuse: The Ultimate Teen Guide (It Happened to Me)

*Sheri Mabry Bestor*

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There are a variety of reasons young people turn to drugs, and the impact of such behavior can often be devastating. Whether alcohol, marijuana, ecstasy, or the latest drug of choice, substance abuse among teens continues to be a concern. This disorder affects so many people in one way or another, not only the addicted individual but also his or her family members and friends.

In *Substance Abuse: The Ultimate Teen Guide*, Sheri Mabry Bestor looks at the various reasons why young people experiment with drugs and alcohol—and the consequences of doing so. Written to help young adults and those close to them understand substance abuse disorder, this book is full of important and practical information from various experts. In addition to facts, statistics, and advice, this book also provides insights from real people—teen addicts and others—who have been affected by substance abuse.

Topics covered in this book include:

- exposure to alcohol and drugs
- reasons people experiment with addictive substances
- physical and emotional aspects of addiction
- treatment options
- relapses
- recovery

The chapters in this book take readers through the process of substance use to substance abuse, from curiosity and experimentation to full-blown addiction and recovery. The chapters feature not only true life stories, but also contain information about how substance abuse affects the body and brain. Appendixes include a list of resources, including web sites, books, and movies that teens will find useful. Designed to give teens the tools for understanding this disorder from various perspectives, this book is a valuable resource for anyone affected by substance abuse.



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