



# **I've Got This Friend Who: Advice for Teens and Their Friends on Alcohol, Drugs, Eating Disorders, Risky Behavior, and More**

*Anonymous*

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## **I've Got This Friend Who: Advice for Teens and Their Friends on Alcohol, Drugs, Eating Disorders, Risky Behavior, and More Anonymous**

This interactive book helps teens handle difficult issues: alcohol or other drug use, depression, eating disorders, and more. Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems.



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