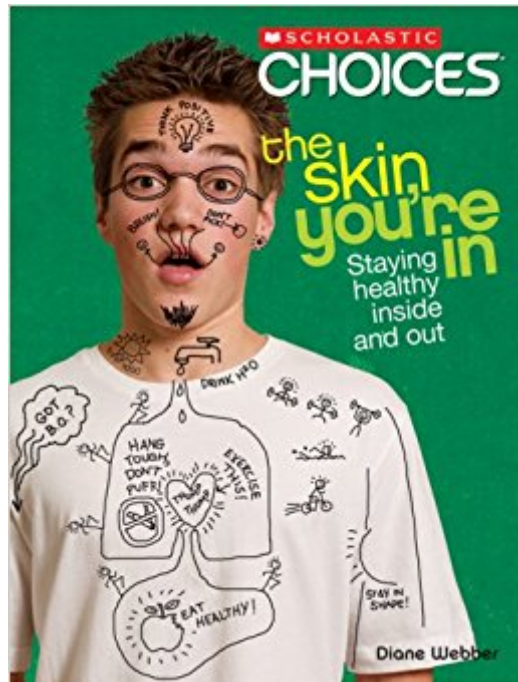


The book was found

# 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

[Download to continue reading...](#)

The Skin You're In: Staying Healthy Inside and Out (Scholastic Choices) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available

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 Æ& –& œ 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)