

A House Between Homes: Kids in the Foster Care System

ISBN: 9781422296172

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 362.73

Grade Range: 6-8



A Place Called Dead

ISBN: 9781422296080

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 155.9

Grade Range: 6-8

KIDS with **SPECIAL NEEDS**: IDEA
(Individuals with Disabilities Education Act)

Why Can't I Learn Like Everyone Else? Kids with Learning Disabilities



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

Why Can't I Learn Like Everyone Else: Kids with Learning Disabilities

ISBN: 9781422295946

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

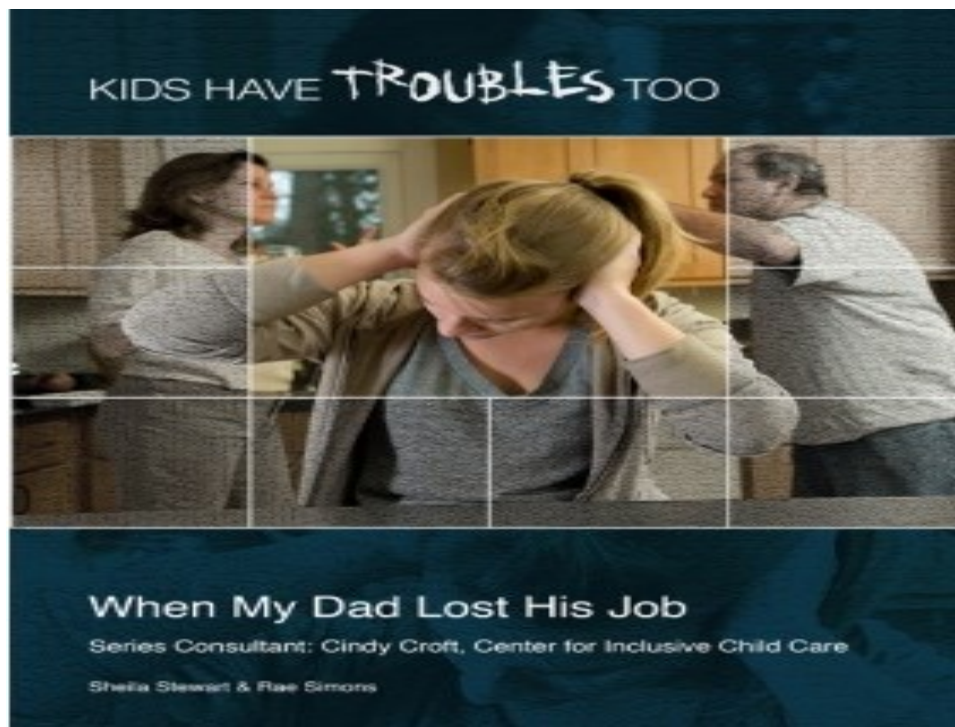
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 371.9

Grade Range: 6-8



When My Dad Lost His Job

ISBN: 9781422296066

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

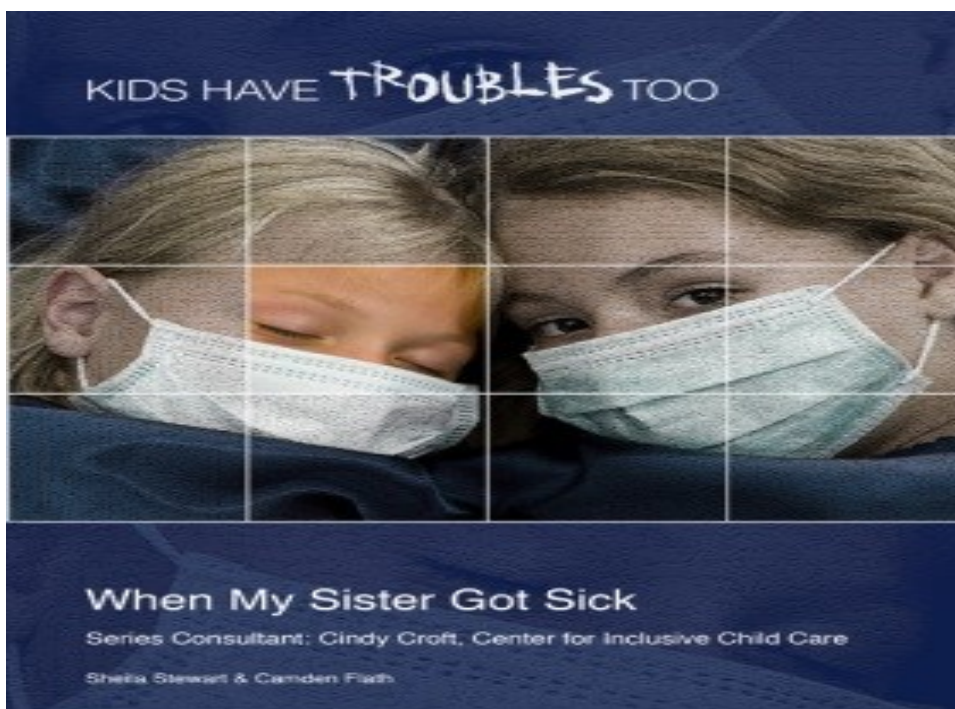
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 305.9

Grade Range: 6-8



When My Sister Got Sick

ISBN: 9781422296073

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

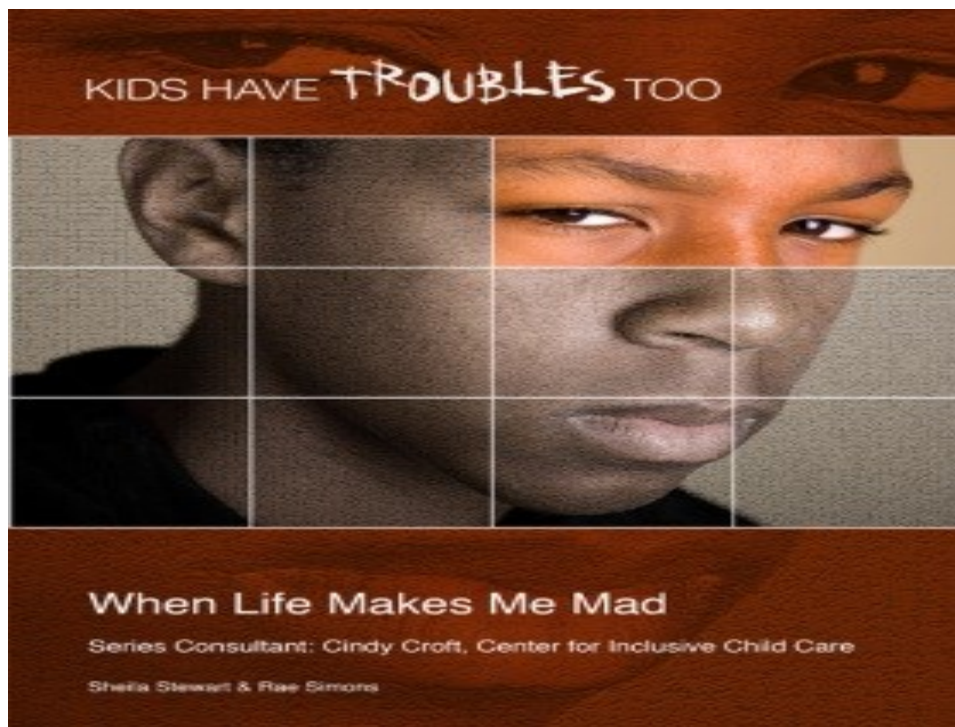
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 618.92

Grade Range: 6-8



When Life Makes Me Mad

ISBN: 9781422296097

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

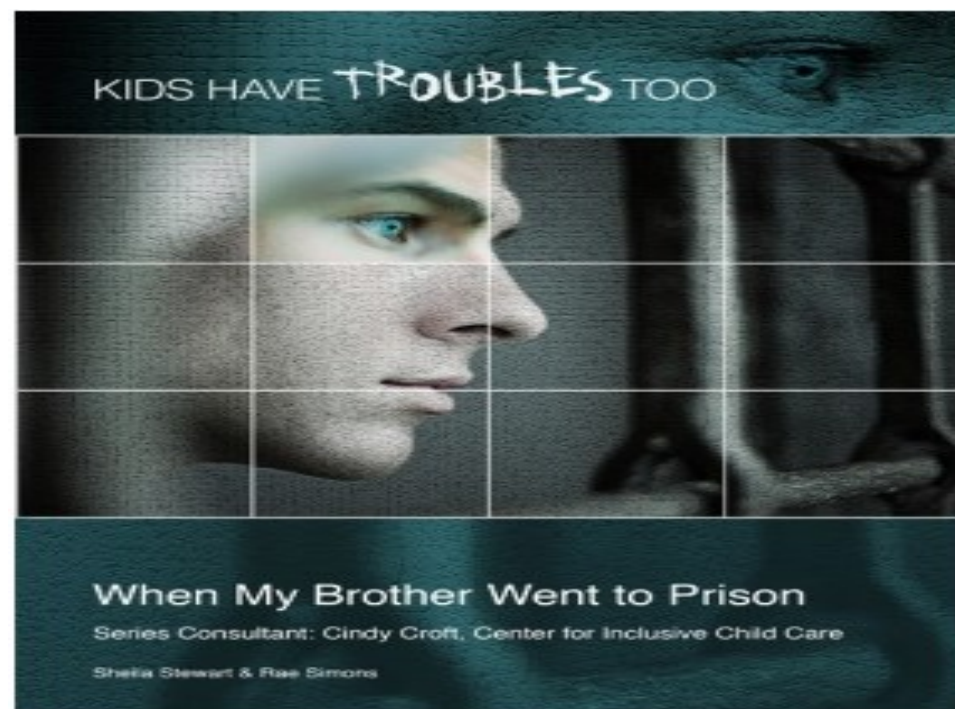
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 152.4

Grade Range: 6-8



When My Brother Went to Prison

ISBN: 9781422296141

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 362.82

Grade Range: 6-8



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

What's Wrong with My Brain? Kids with Brain Injury

ISBN: 9781422295953

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8



When Daddy Hit Mommy

ISBN: 9781422296134

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 362.82

Grade Range: 6-8

KIDS&OBESITY

Weighted Down: When Being Overweight Makes You Sick



HELEN THOMPSON

Weighted Down: When Being Overweight makes You Sick

ISBN: 9781422296257

Author: Helen Thompson

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 618.92

Grade Range: 6-8

KIDS HAVE TROUBLES TOO



What's Going to Happen Next? Kids in the Juvenile Court System

Series Consultant: Cindy Croft, Center for Inclusive Child Care

Sheila Stewart & Camden Flath

What's Going to Happen Next? Kids in the Juvenile Court System

ISBN: 9781422296165

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

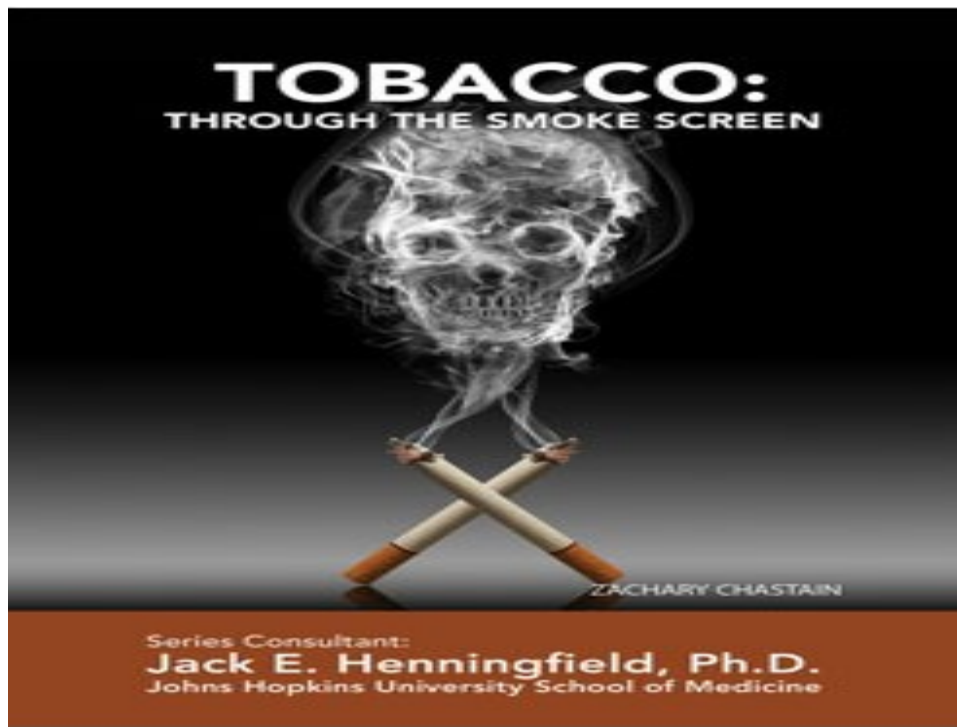
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 345.73

Grade Range: 6-8



Tobacco: Through the Smoke Screen

It has been used in sacred ceremonies, in medicine, and as a life-saving cash crop in the New World. But today, tobacco is a problem—a big problem. It is one of the first substances to which young people become addicted, and it contains thousands of chemicals that are dangerous to smokers and to those who are simply in the proximity of the smoke. In *Tobacco: Through the Smoke Screen*, you'll learn the story of tobacco, its history, its role in culture, and its dangers. You will also learn about the power of tobacco over smokers and chewers, and how cigarette makers help increase its hold—and make it more difficult to live without it. Last of all, you'll find suggestions on how to kick the tobacco habit and reverse its ill effects.

ISBN: 9781422293065

Author: Zachary Chastain

Format: Hosted eBook

Publisher: National Highlights Inc

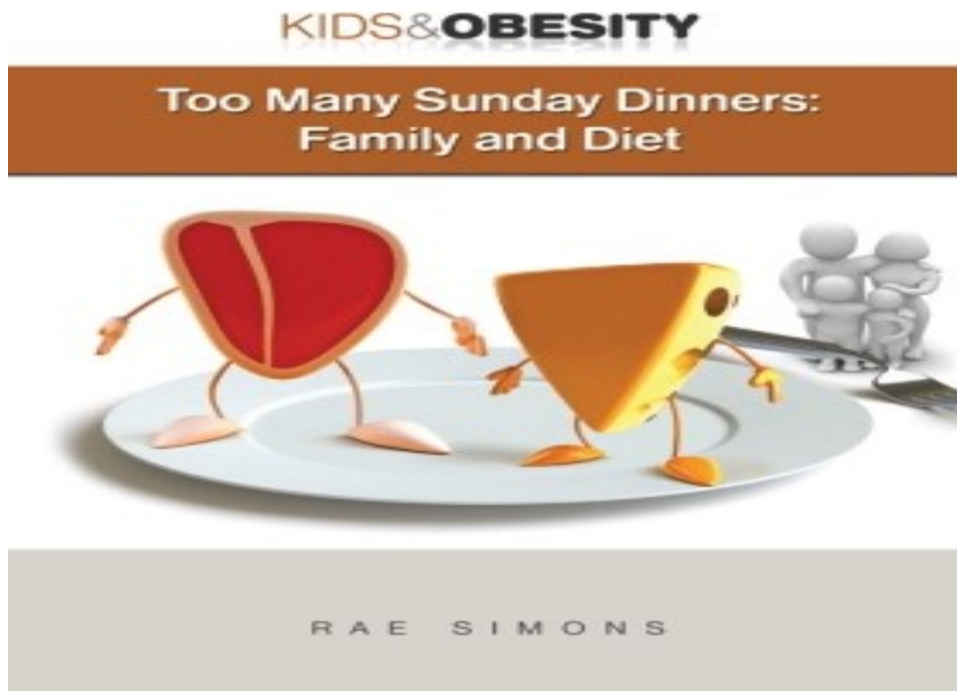
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Too Many Sunday Dinners: Family and Diet

ISBN: 9781422296202

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 616.3

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

THE FDA & PSYCHIATRIC DRUGS: HOW A DRUG IS APPROVED



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School
Donald Esherick, Director, Regulatory Affairs, PharmaRisk Consulting

JOAN ESHERICK

The FDA & Psychiatric Drugs: How a Drug Is Approved

Imagine taking a medication meant to heal you only to discover that the drug rotted your bones, made your teeth fall out, and filled you with a radioactive element called radium. Pittsburgh industrialist Eben Byers didn't have to imagine. It happened to him, and he died as a result. Mr. Byers fell victim to "patent medicines" sold in the early twentieth century. Patent medicine quackery and other medical tragedies prompted the United States government to form an agency that could protect patients and consumers from mislabeled or dangerous medicines, cosmetics, and foods. That agency is the U.S. Food and Drug Administration (FDA). Most drugs and medical treatments sold in North America today, including drugs used to treat psychological disorders, are regulated by this consumer protection agency. Many people diagnosed with depression, panic attacks, schizophrenia, ADHD, and other psychological disorders lead normal lives because they are treated with psychiatric drugs approved by the FDA. But what are psychiatric drugs? Where do they come from? How do they work? What does it take for the FDA to approve them? Why do we have the FDA? Perhaps most important, does FDA approval guarantee safety? Loaded with case studies and user-friendly illustrations, this readable text answers these and other questions as it examines a brief history of mental disorders and their treatment. In its pages, you will learn about the origins of the FDA, the FDA drug approval process, the structure and chemistry of the brain, psychiatric drugs and how they work, adverse reactions, and alternative treatments. Come learn about the drug approval process. Next time you reach into your medicine cabinet, you'll be glad you did.

ISBN: 978-1-4222-8987-7

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc

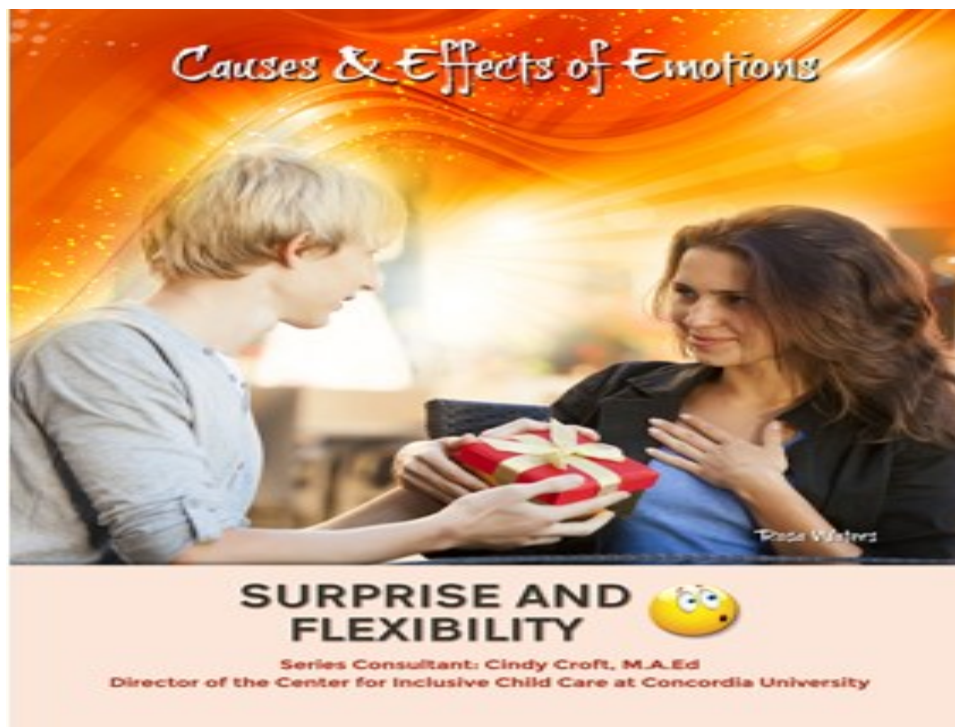
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 615.7'88

Grade Range: 6-8



Surprise and Flexibility

Discover how to cope with life's surprises. Some people like to be surprised. They find it funny or exciting or simply interesting. They may seek out experiences where they're likely to encounter the unexpected. Other people, however, are uncomfortable with surprise. It may make them feel anxious or stressed. Psychologists say that people who are comfortable with surprise are more emotionally flexible than people who aren't. When life takes them by surprise, they cope without becoming upset. You can learn to be more flexible. Each time you're confronted with a surprise, tell yourself, "This is an opportunity, a chance to be curious, to be creative, to think about things differently, to accept something new." Find out more inside this book!

ISBN: 978-1-4222-8773-6

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4

Grade Range: 6-8



Terrorism & Perceived Terrorism Threats

Terrorism is a major issue in today's world. Around the globe, people fear terrorist attacks. The threat of violence from terrorists seems to be everywhere.

ISBN: 978-1-4222-8839-9

Author: Christie Marlowe

Format: Hosted eBook

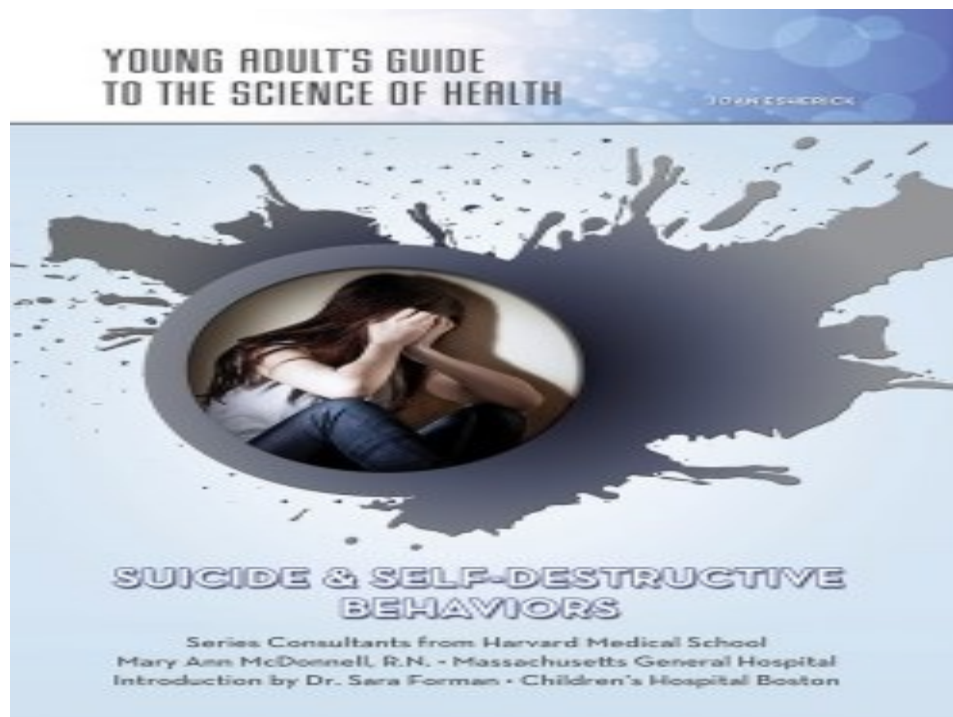
Imprint: National Highlights Inc.

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 363.325

Grade Range: 6-8



Suicide & Self-Destructive Behaviors

Sixteen-year-old Draven dresses like the un-dead. Thirteen-year-old Kristen slices her thighs. Fifteen-year-old Jamal rides BMX bikes in competition. What do these teens have in common? They are all taking risks. Though many teens seek independence and thrills through activities that can harm them, risk-taking in adolescence does not have to be self-destructive. This book takes an honest look at the five most self-destructive behaviors: substance abuse, risky sex, self-injury, eating disorders, and suicide. Causes, consequences, and treatment options are examined, and the final chapter provides healthy less-risky alternatives teens can take to accomplish their independence-seeking goals. Sidebars, easy-to-understand statistics, and real-life case studies make this an informative, interesting read for teens who seek to understand high-risk behaviors, their consequences, and how to avoid them.

ISBN: 978-1-4222-9013-2

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 616.85'8445

Grade Range: 6-8



Surgery & Medicine for Weight Loss

One of the biggest health concerns today is obesity. More and more people have been diagnosed with obesity over the last few decades, especially in developed countries like the United States. Obesity is a major problem that many people are struggling to fix. Because obesity is such a serious and prevalent medical condition, modern medicine has developed many different ways to fight it. Sometimes, diet and exercise aren't enough—and that's when a doctor may prescribe a medical intervention. Discover some of these techniques, from surgery to medications.

ISBN: 978-1-4222-8849-8

Author: William Hunter

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.3/980654

Grade Range: 6-8



Stranger Danger

You might have heard people say, "Strangers are just friends you haven't met yet." That's true in many cases, but not all strangers are kind and friendly. Some strangers can be dangerous. Staying away from people you don't know is often the best way to keep yourself safe.

ISBN: 978-1-4222-8838-2

Author: Christie Marlowe

Format: Hosted eBook

Publisher: National Highlights Inc.

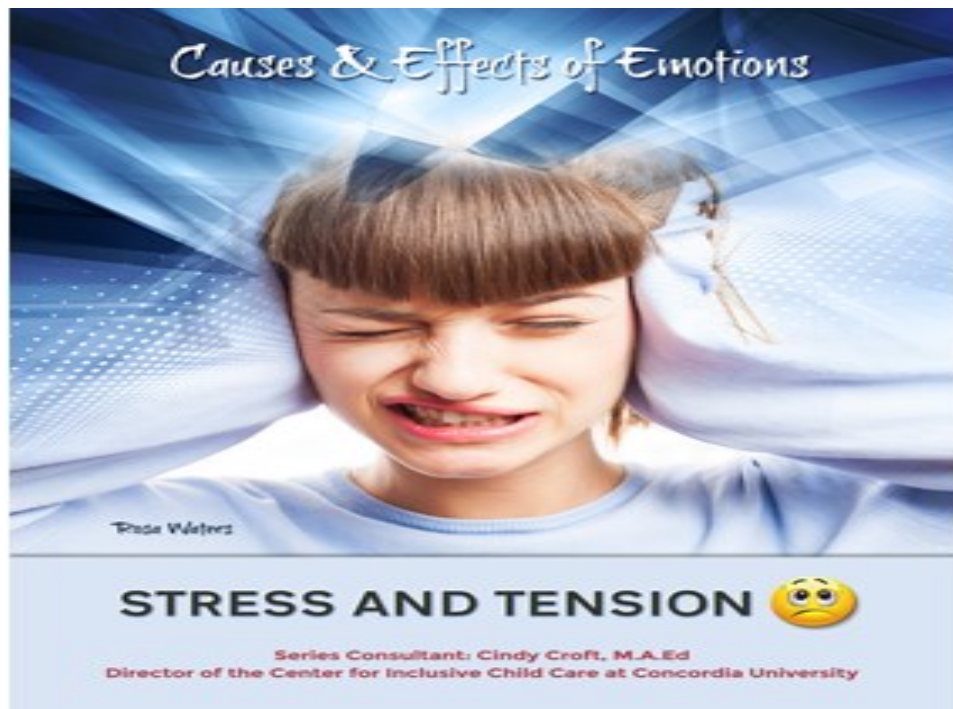
Imprint: Mason Crest

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 613.6071

Grade Range: 6-8



Stress and Tension

Stress is a normal and natural part of life. We all experience it. When we do, we often speak of feeling "tense," as though we can't relax. We feel nervous. We may get upset easily. Life seems to be coming at us too fast. There's just too much of it! Our emotions feel overwhelmed. Stress and tension put strain on your mind and body—but you don't have to let stress get you down. Look inside this book to find out what you can do to cope when life seems like too much to handle!

ISBN: 978-1-4222-8772-9

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 155.9'042

Grade Range: 6-8



Sports

Sports are a lot of fun. There's nothing like getting outside with a group of friends and throwing the ball around or playing a game of basketball, soccer, or baseball. But with all the fun, there are a lot of things to keep in mind to keep everyone safe.

ISBN: 978-1-4222-8837-5

Author: Christie Marlowe

Format: Hosted eBook

Publisher: National Highlights Inc.

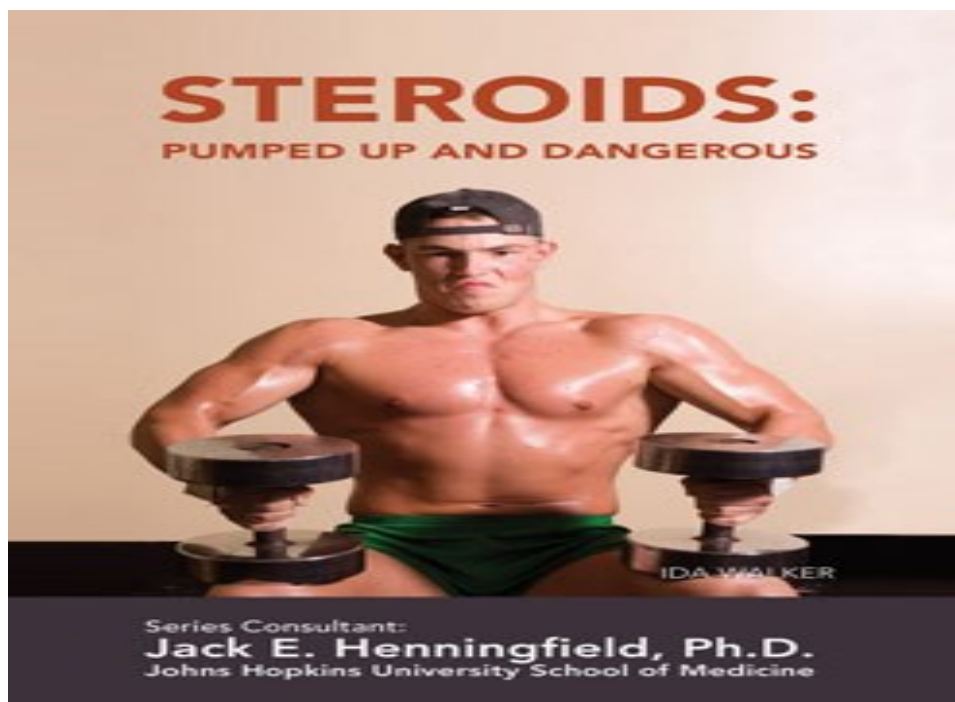
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Safety First

Dewey Number(s): 796.028'9

Grade Range: 6-8



Steroids: Pumped Up and Dangerous

You're a high school athlete who wants to increase the possibility of a successful college sports career and a shot at the pros. But you know you just don't have all that it takes. Then it hits you: you can do what the pros do (at least some of them)—take steroids! It may sound like a good idea, but Steroids: Pumped Up and Dangerous reveals these drugs' dangerous side effects, both short and long term. Get the lowdown on treatment and the legal consequences of using illegal steroids. Perhaps most important, discover safer ways to achieve the same results.

ISBN: 9781422293058

Author: Ida Walker

Format: Hosted eBook

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Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

Something's Wrong! Kids with Emotional Disturbance

ISBN: 9781422296004

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8



Sometimes My Mom Drinks Too Much

ISBN: 9781422296059

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 362.292

Grade Range: 6-8



Speech Impairment

When a young person can't speak easily, sometimes other kids think he's not very intelligent. That's often not the case, though. A person with a speech impairment may be just as bright as anyone else. In this book, you'll read about David, who struggles with stuttering, and Martha, who has difficulty articulating certain sounds. You'll discover how they overcome their challenges—and how they rise above the prejudice they each face.

ISBN: 978-1-4222-8828-3

Author: Joyce Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 618.92'855

Grade Range: 6-8



Speed Racer: Kids with Attention-Deficit/Hyperactivity...

ISBN: 9781422295991

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

SEXUAL DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, Pharmalink Consulting

ANN VITALE

Sexual Disorders

Doesn't everyone you know think about, talk about, and worry about sexuality? Sexuality is taught about in classrooms, whispered about in school hallways, worried about on the nightly news, and made scandalous on talk shows and late-night television. People express their sexuality in many ways, and we receive many, often conflicting, messages about what are appropriate and inappropriate expressions of sexuality. As you grow and learn about your own and other people's sexualities, many things can be exciting, confusing, and even frightening. It can be disturbing to have sexual fantasies and urges and not know the boundary between so-called normal thoughts and behaviors and those that might be considered disordered. Prior to 1960, sexually deviant behaviors were poorly understood and were considered to be failures in morality or a result of poor upbringing. People suffering from these conditions were often treated with electro-shock, talk therapy, jail sentences, and confinement in mental institutions, all of which had little positive effect on the patients. Today, with advances in treatments like drug therapy, there is new hope for those who have spent so long suffering in silence and shame. Sexual Disorders defines different sexual disorders, explains the criteria that put them over the boundary line into the realm of psychiatric illness, and examines methods of treatment available to help individuals with these illnesses. In this book's pages, you will learn about treatments used throughout history, the newest drug therapy available, and alternative approaches for managing these disorders.

ISBN: 978-1-4222-8997-6

Author: Ann Vitale

Format: Hosted eBook

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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'83061

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

SCHIZOPHRENIA



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, PharmaLink Consulting

SHIRLEY BRINKERHOFF

Schizophrenia

Schizophrenia, the most severe of the mental disorders, usually begins in late adolescence or young adulthood. A patient's first symptoms may be hallucinations, such as hearing voices that sound as real as those of friends and family. Or they may be delusions, such as believing that aliens are sending information to him via the radio or through television programs. While the mysterious disease can have devastating effects on the one percent of the population who experience it, new antipsychotic drugs now offer more hope for effective treatment than at any other time in history. Schizophrenia explains how the human brain operates, and how antipsychotic drugs work inside the brain in order to help relieve the symptoms of this mental disorder. In this book, you will read about:

- The Nobel Prize-winning mathematician who battled schizophrenia for several decades.
- The university student who dedicated his life to researching schizophrenia after his own sister was diagnosed with the disease at the age of seventeen.
- The four sisters—identical quadruplets—who each had schizophrenia, and who allowed the National Institute of Mental Health to study their disease over the course of many decades.
- The famous guitarist in a British rock band whose drug use propelled him into schizophrenia. Let their stories teach you about the struggles, challenges, and hopes of people with this disease.

ISBN: 978-1-4222-8996-9

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights Inc

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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.89'8061

Grade Range: 6-8



Road Safety

Driving is a huge part of life for millions of people. We drive to go to family's and friends' houses; we drive to go to work and school; we drive to go to the store. You probably ride in some sort of vehicle every day. With so many drivers on the road, staying safe while traveling in the car is an important part of any trip.

ISBN: 978-1-4222-8836-8

Author: Christie Marlowe

Format: Hosted eBook

Publisher: National Highlights Inc.

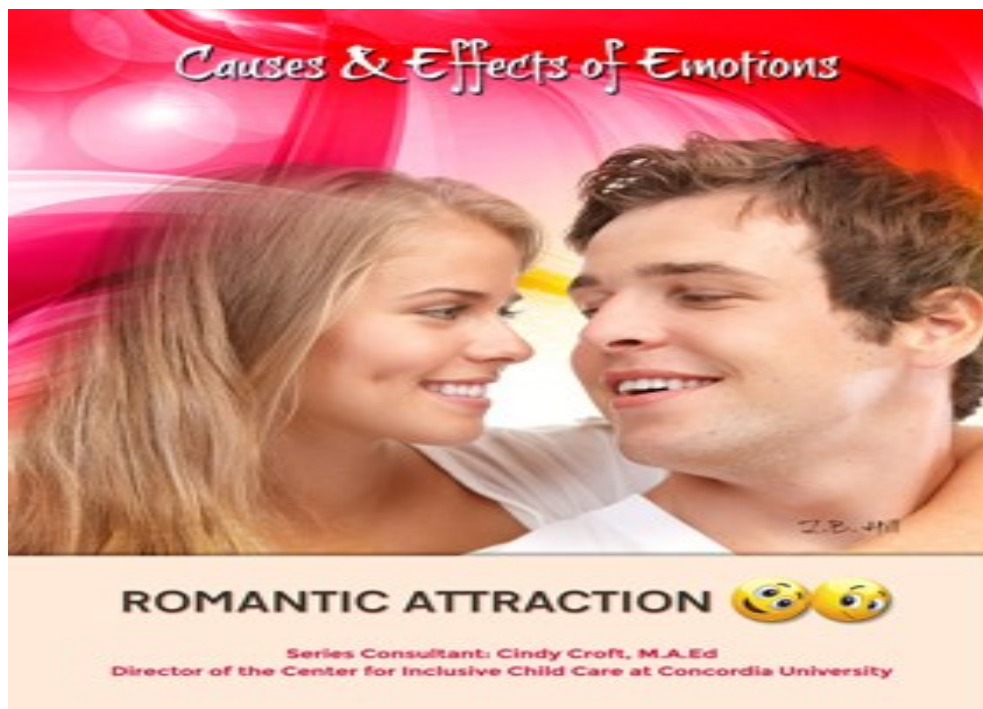
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Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 363.12'5

Grade Range: 6-8



Romantic Attraction

Discover what you can learn from romantic attraction. When we feel romantic attraction, we want to be closer to another person, both physically and emotionally. Romantic attraction has a powerful effect on our bodies and brains. It floods us with chemicals that are designed to make us connect with other people in very special ways. Romantic relationships are more than just sexual feelings. They are opportunities to get to know others—and at the same time, learn about ourselves. They teach us to see outside ourselves. They can build our self-esteem and confidence. They help us grow up and get ready for lifelong commitments. And that's just the beginning—find out more inside this book!

ISBN: 978-1-4222-8770-5

Author: Z.B. Hill

Format: Hosted eBook

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Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 306.7

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

PREMENSTRUAL DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherich, Director, Regulatory Affairs, Pharmalisk Consulting

SHERRY BONNICE

Premenstrual Disorders

Premenstrual syndrome plays a very real role in the lives of adolescent girls and women who suffer from its symptoms. Although this disorder has been misunderstood, undertreated, and disregarded as merely “all in her head,” research confirms that PMS is a problem that can cause women to suffer poor relationships, lower academic grades, and physical and mental disturbances. Furthermore, doctors now understand that premenstrual disorders are legitimate medical conditions with real and serious implications for women’s mental well-being. In this book you can learn about premenstrual disorders, how they have been unfairly stigmatized, and how they are finally being understood. With new medical understanding has come new treatments. Learn about antidepressants and other medications currently being used to treat serious symptoms of premenstrual disorders. In addition, you can learn about the benefits, risks, and side effects associated with these drugs as well as alternative treatments for premenstrual disorders. While you read, you will share in the experiences of many women from high school to perimenopausal age who have struggled with premenstrual disorders and their effects. In their stories, you will see that due to new understanding and treatments, women experiencing premenstrual disorders no longer need to feel stigmatized or alone.

ISBN: 978-1-4222-8994-5

Author: Sherry Bonnice

Format: Hosted eBook

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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 618.1'72061

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

PERSONALITY DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, Pharmalink Consulting

SHIRLEY BRINKERHOFF

Personality Disorders

At twenty-seven, Sheila is already on the verge of a second divorce. She has a degree in early elementary education, but still can't decide on a career. Suffering from a continual feeling of emptiness and unsure of who she is, Sheila is terrified of losing her husband, yet seems to do everything she can to drive him away. With almost no friends and a strong compulsion to cut herself, Sheila's future looks bleak. Trent knows that everyone is out to get him. One by one, he spoils every chance for friendship by suspecting everyone wants to hurt him. He's sure that his wife, Angela, is having an affair, and nothing she says or does can convince him otherwise. Now, he's begun to hear voices...but no one is there. It is estimated that 15 percent of Americans suffer from at least one personality disorder; many have more than one. But what is a personality disorder? Can it be treated? If so, how? What can Sheila, Trent, and people like them do about their troublesome symptoms? These are just a few of the questions *Personality Disorders* answers. Learn about these common forms of mental illness and the treatments that bring new hope to those who suffer with them.

ISBN: 978-1-4222-8992-1

Author: Shirley Brinkerhoff

Format: Hosted eBook

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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'81061

Grade Range: 6-8



SAFETY FIRST

Peer Pressure & Relationships

Series Consultant: Ronald Stephens
Executive Director, The National School Safety Center
by Christie Marlowe

Peer Pressure & Relationships

Our friends are supposed to be there for us when we need them, to help us through tough times and laugh with us when things are going well. But sometimes, our friends can push us to do things we wouldn't do normally. We might want to do the things our friends are doing to fit in or be cool. This is peer pressure, and it can be dangerous when it leads to hurtful behaviors.

ISBN: 978-1-4222-8834-4

Author: Christie Marlowe

Format: Hosted eBook

Imprint: National Highlights Inc.

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 303.3'27

Grade Range: 6-8



LIVING
WITH A
SPECIAL
NEED

PHYSICAL CHALLENGES

Series Consultants:
Lisa Albers, MD, Carolyn Bridgemohan, MD, Laurie J. Glader, MD,
Children's Hospital Boston, Harvard Medical School
Cindy Croft, MD, Project EXCEPTIONAL,
State Special Needs Director, Concordia University

Physical Challenges

There are many kinds of physical challenges. Some of these are the result of an injury, while other challenges are caused by a condition with which the person was born. Many of these conditions will last forever, and some will get worse as the individual gets older. When fourteen-year-old Samantha discovers that her new neighbor, Jenny, has cerebral palsy and uses a wheelchair, Samantha's not sure what to expect. Through her growing friendship with Jenny, though, Samantha meets other kids with physical challenges. Each of these new friends has a different physical condition and faces different difficulties—and each one teaches Samantha a new lesson about how to look at others.

ISBN: 978-1-4222-8826-9

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc.

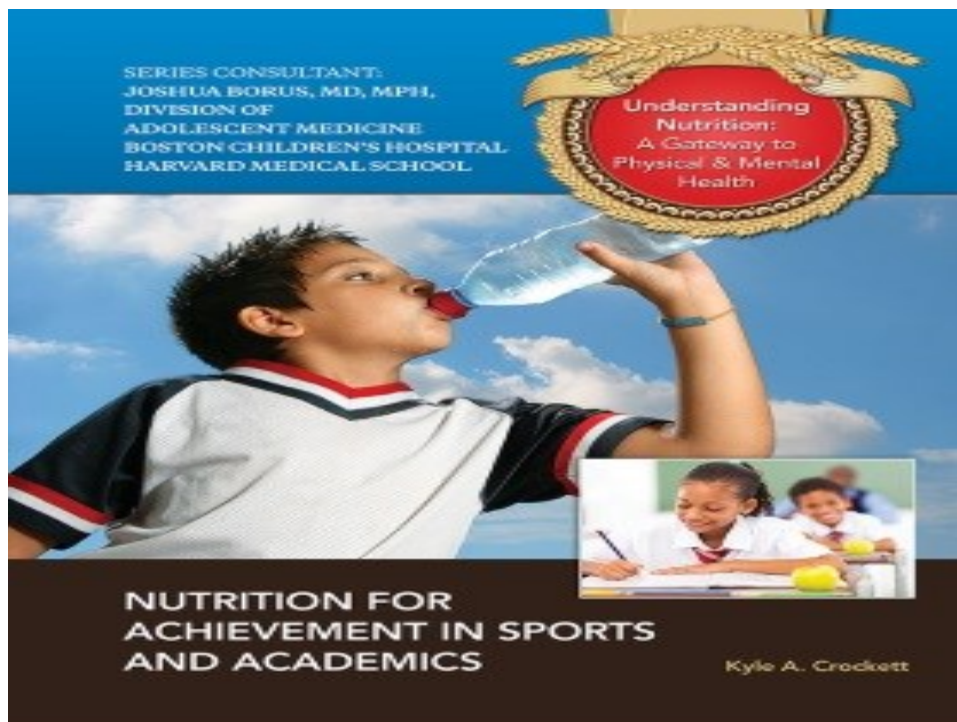
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Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 362.4092'535

Grade Range: 6-8



Nutrition for Achievement in Sports and Academics

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What should you eat to help you do well in sports and studies? Eating right and staying in shape really does help you do better in school and sports. It's tough to do your best when you feel sluggish or tired! In *Nutrition for Achievement in Sports and Academics*, you'll learn about making healthy choices that will allow you to do your best—during both gym class and history class, during both the next big game and the next big exam.

ISBN: 978-1-4222-8946-4

Author: Kyle A. Crockett

Format: Hosted eBook

Publisher: National Highlights, Inc.

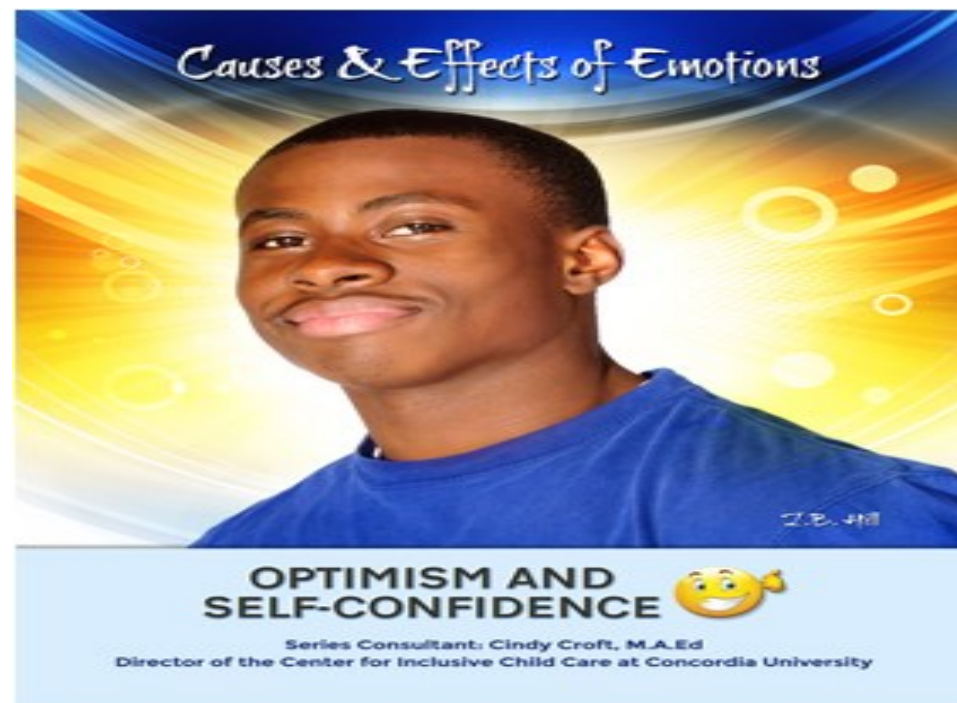
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 641.5'622

Grade Range: 6-8



Optimism and Self-Confidence

Discover the path to self-confidence and optimism. Optimists are people who believe that the world is basically a good place where good things happen more often than not. When things go wrong, optimists believe that everything will work out all right in the end. They're full of hope. Optimists also are more likely to have self-confidence. They believe in themselves. People who are optimistic and self-confident feel happier in general. They're less likely to be depressed. It may seem like they're lucky. But emotions like optimism and self-confidence aren't merely good luck. Researchers have found that there are things you can do to make yourself more optimistic and self-confident. Find out what they are inside this book!

ISBN: 978-1-4222-8769-9

Author: Z.B. Hill

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 155.2'32

Grade Range: 6-8



No Quick Fix: Fad Diets & Weight-Loss Miracles

Obesity is a major modern health problem. The obesity epidemic has spawned a multi-billion-dollar industry, promising miracle weight-loss solutions, get-thin-quick diets, and too-good-to-be-true diet pills. According to recent government statistics, Americans alone spend \$61 billion on diet products each year, which is equal to \$200 being spent for every man, woman, and child in the United States. Whether they truly have a weight problem or just believe they would look better if they lost weight, millions of people around the world are scrambling for weight-loss solutions. But even with all the promises from the weight-loss industry, people are still gaining weight, and obesity rates have never been higher. Learn the truth about quick-fix diets and miraculous obesity cure-alls. Discover that most of these products are part of the problem rather than the solution. Learn how to reach your fitness goals without relying on fads, myths, and empty promises.

ISBN: 978-1-4222-8848-1

Author: Jean Ford

Format: Hosted eBook

Publisher: National Highlights Inc.

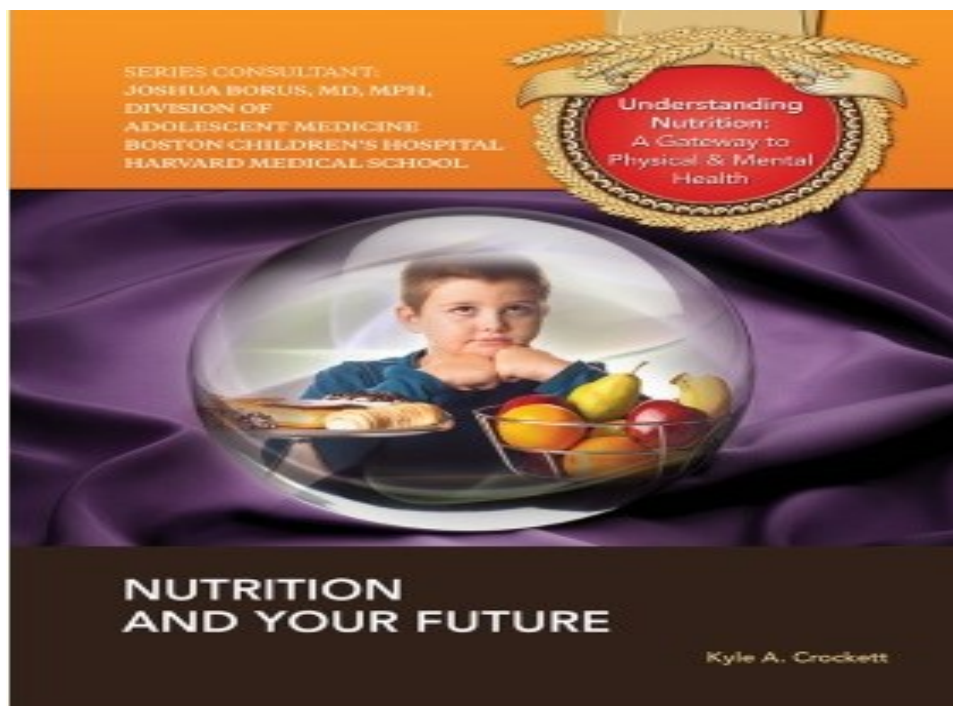
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Understanding Obesity

Dewey Number(s): 616.3/980654

Grade Range: 6-8



Nutrition and Your Future

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? Does the way you eat today really shape your life in the future? The food choices you make today can have a big impact on your life 10, 25, or even 50 years from now. In Nutrition and Your Future, find out how your decisions about food and nutrition are important to your health in the future—and how you can be healthy for life by making good choices now.

ISBN: 978-1-4222-8947-1

Author: Kyle A. Crockett

Format: Hosted eBook

Publisher: National Highlights, Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

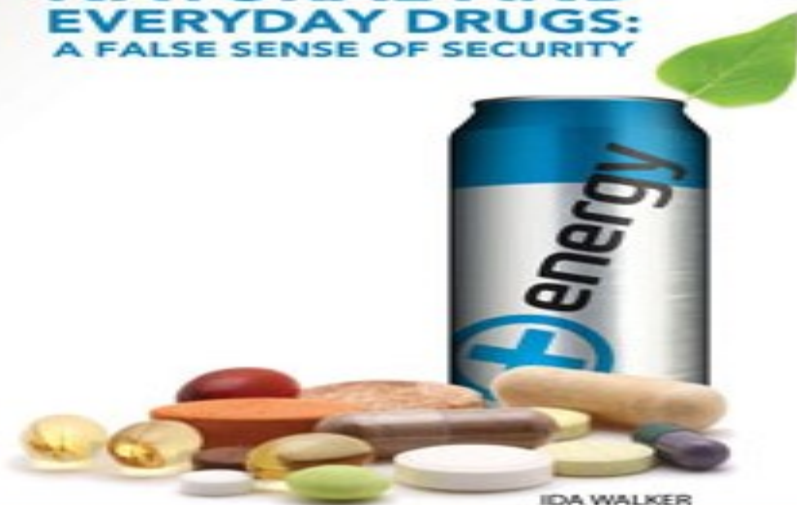
Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 613.2

Grade Range: 6-8

NATURAL AND EVERYDAY DRUGS: A FALSE SENSE OF SECURITY



Series Consultant:
Jack E. Henningfield, Ph.D.
Johns Hopkins University School of Medicine

Natural and Everyday Drugs: A False Sense of Security

You've seen the ads: "Never diet again! Our all-natural treatment magically melts away the pounds!" "Want to boost your athletic performance? Dr. Smith has found the secret to improved stamina and strength with his all-natural formula!" "Need more energy? Our all-natural juice product will give you the pick-me-up you need!" After all, what do you have to lose? If it's all natural, it can't hurt. Or can it? If you have trouble believing these ads, you're right to be skeptical. "All-natural" dietary supplements seldom deliver the amazing results they claim. And just because they're natural, doesn't mean that some of these substances can't cause serious damage to a user's health. Read *Natural and Everyday Drugs: A False Sense of Security* to find out more.

ISBN: 9781422293010

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 613.8

Grade Range: 6-8

Natural Disasters

Storms, tornados, floods, wildfires—the world is full of natural disasters that do terrible damage to our homes, towns, and cities. Knowing how to prepare for a natural disaster and what you can do if one does happen is the best way to keep yourself safe.

ISBN: 978-1-4222-8832-0

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest

Copyright: 2015

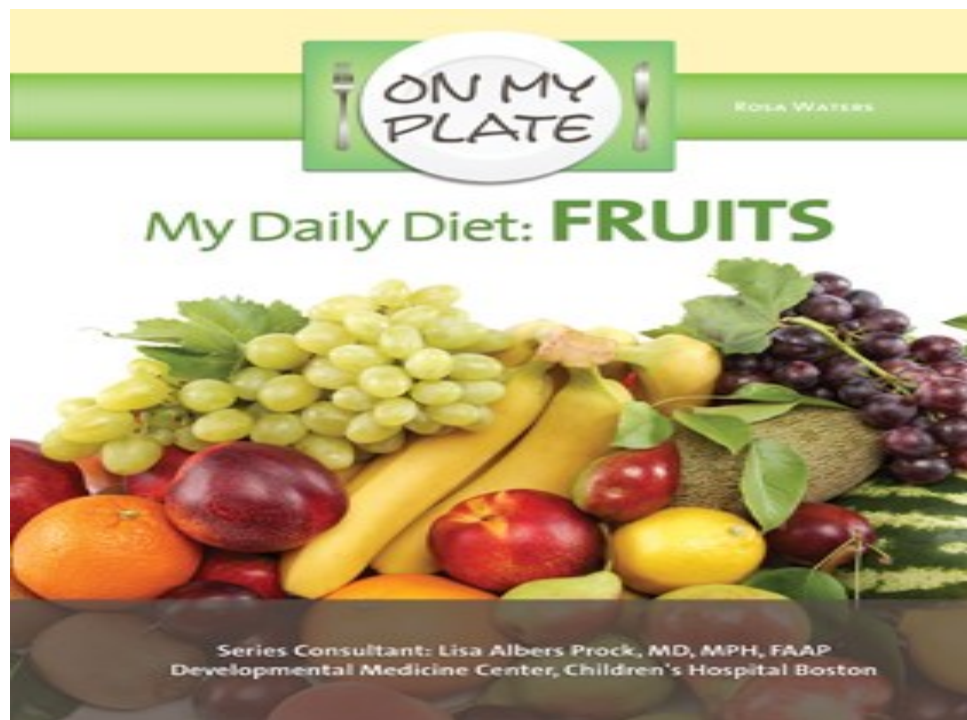
Series/Set: Safety First

Grade Range: 6-8



SAFETY FIRST Natural Disasters

Series Consultant: Ronald Stephens
Executive Director, The National School Safety Center
by Kim Etingoff



My Daily Diet: Fruits

Apples, bananas, oranges—there are so many fruits to choose from! But what makes fruit such a healthy food choice? Find out more about fruit: where it comes from, how it gets to your plate, and why it is such an important part of a healthy, balanced diet. Learn how much fruit you should be eating each day—and how you can make healthy food choices a part of your life!

ISBN: 978-1-4222-8788-0

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

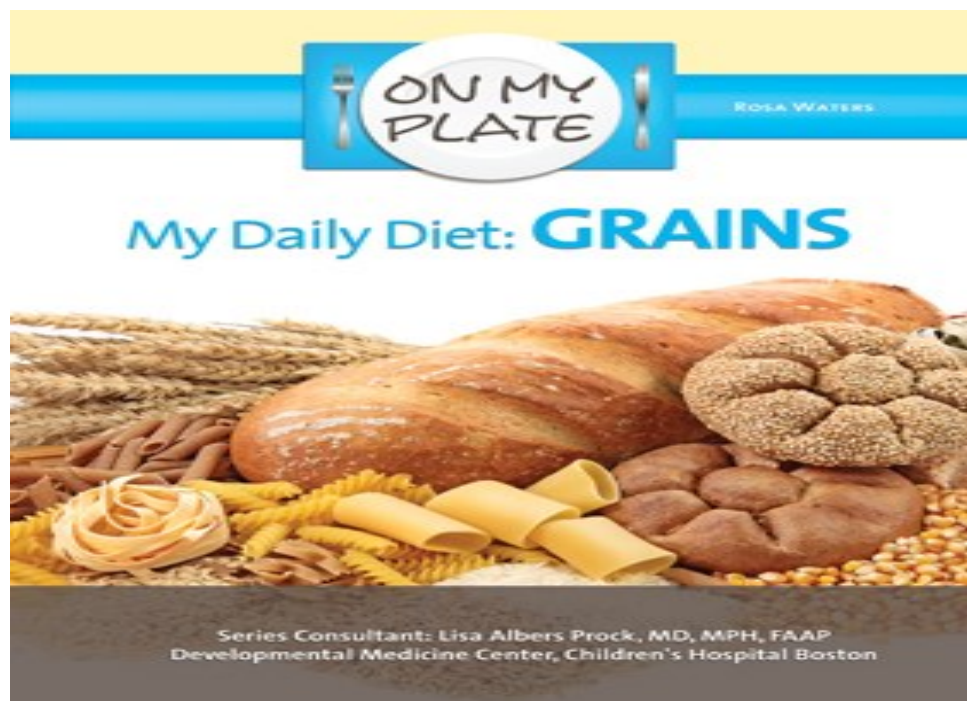
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 613.2

Grade Range: 6-8



My Daily Diet: Grains

From bread to pasta to cereal, most of us eat a lot of grains. But why is eating food from the grain food group so important? Find out more about grains and how they keep your body healthy. Discover where grains come from and how they get from farms to factories, from stores to your plate—and learn some easy ways to make grains part of your daily diet!

ISBN: 978-1-4222-8789-7

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

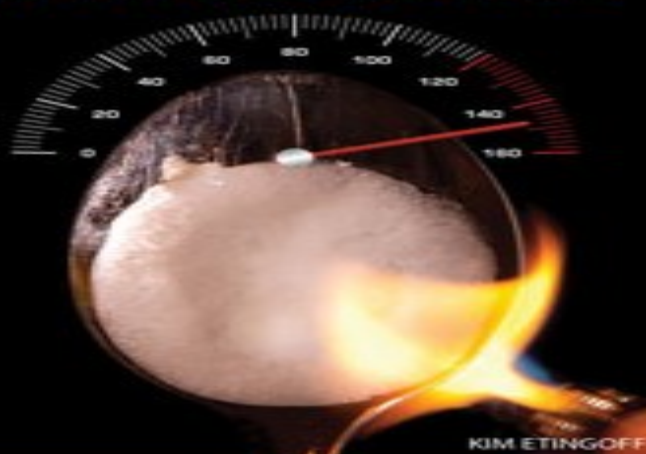
Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 613.2

Grade Range: 6-8

METHAMPHETAMINE: UNSAFE SPEED



KIM ETINGOFF

Series Consultant:
Jack E. Henningfield, Ph.D.
Johns Hopkins University School of Medicine

Methamphetamine: Unsafe Speed

Meth, speed, chalk, glass, yaba, ice. Whatever you call it, methamphetamine has become one of the most abused and dangerous drugs in the world. It can be made in home labs from easily obtained ingredients, and its use crosses economic and social barriers. Urban or rural communities, it doesn't matter. Methamphetamine is everywhere. In *Methamphetamine: Unsafe Speed*, you'll learn how methamphetamine was developed, how its use has spread, and how it is used for limited medical purposes. You'll also learn about methamphetamine abuse. Who becomes an abuser? What are the symptoms of meth abuse? How can addiction be overcome? What are the legal consequences of meth abuse? This book offers answers to all these questions.

ISBN: 9781422293003

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



ROSA WATERS

My Daily Diet: **DAIRY**



Series Consultant: Lisa Albers Prock, MD, MPH, FAAP
Developmental Medicine Center, Children's Hospital Boston

My Daily Diet: Dairy

Whether we're drinking a glass of milk, eating a grilled cheese sandwich, or enjoying a yogurt, most of us eat a lot of dairy. But why is having dairy foods every day an important part of a balanced diet? Discover the story that lies behind each glass of milk and slice of cheese—and learn how to make smarter, healthier food choices every day!

ISBN: 978-1-4222-8787-3

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 613.2'6

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

MENTAL DISORDERS DUE TO A MEDICAL CONDITION



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, Pharmalink Consulting

JOYCE LIBAL

Mental Disorders Due to a Medical Condition

Jeff's family and friends described him as "good-looking," "fun-loving," "quick-witted," and "talented." He was kind, friendly, ambitious and always succeeded at every task he undertook. No one was surprised when Jeff was selected to represent his school in an international exchange program. But when Jeff returned to Ridgemon High a year later, everyone was shocked at his change in behavior. Why was Jeff so angry and out of control? Could it have something to do with his health? Many medical conditions have serious psychological components and effects. Sometimes, a medical condition in the body can lead to medical disorders of the mind. These are called mental disorders due to a medical condition. Adolescents are among those who suffer from medical conditions, and they are not immune to the accompanying psychological issues that may be involved. But mental disorders caused by medical conditions bring additional challenges to adolescents. Everyday care, management, regulating medication, and the emotional ramifications of medical conditions can be difficult for anyone. Attempting to balance these challenges while maintaining schoolwork, jobs, and extra-curricular activities can add to the stress for young people. In this book, you will learn about some medical disorders, the psychological complications that can result, and the treatments available to fight them. Along the way, you will explore the advances in drug treatment for psychological disorders, how such drugs work, and the risks and side effects associated with these treatments. Numerous case studies and stories of young people like Jeff who are coping with mental disorders caused by medical conditions illustrate the realities of these illnesses, while a chapter on alternative treatment adds information about additional treatment options.

ISBN: 978-1-4222-8989-1

Author: Joyce Libal

Format: Hosted eBook

Publisher: National Highlights Inc

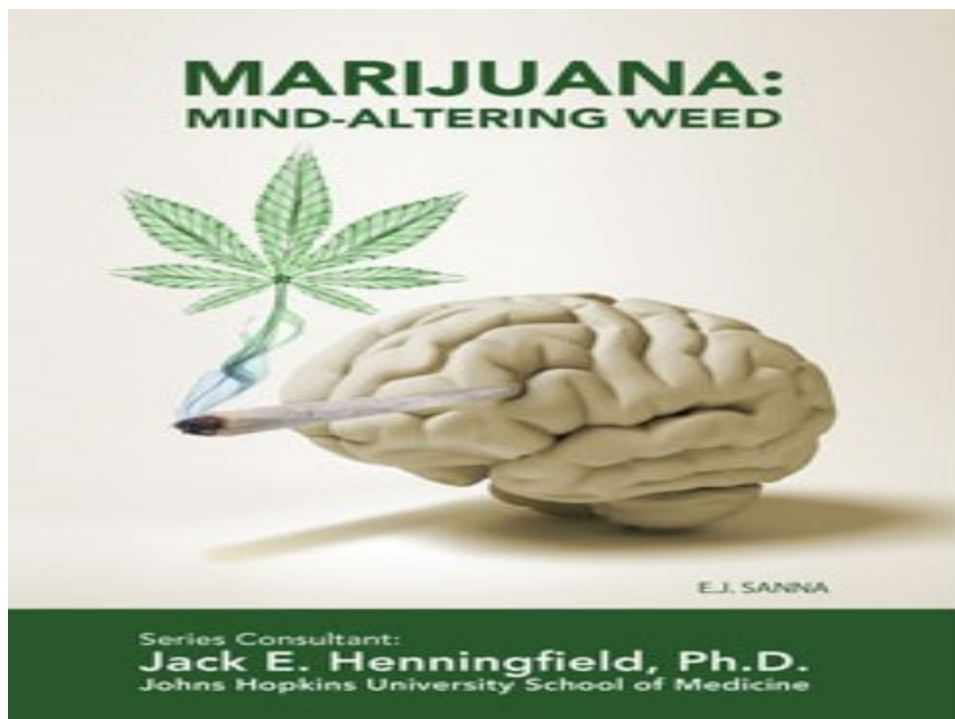
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.89'18

Grade Range: 6-8



Marijuana: Mind-Altering Weed

Marijuana. It's been called a gateway drug, an introduction to the world of harder illegal drugs. Yet many people consider it to be a safe drug—at least safer than heroin, LSD, or cocaine. However, while marijuana might not be directly responsible for causing any deaths, the consequences of its use can be detrimental to the lives of its users. This book describes the history of marijuana use, the dangers of its use, and the legal consequences. You'll also learn about the controversies surrounding the drug—including the issues of decriminalization and the use of medical marijuana. Treatment options for marijuana dependency are also discussed

ISBN: 9781422292990

Author: E.J. Sanna

Format: Hosted eBook

Publisher: National Highlights Inc

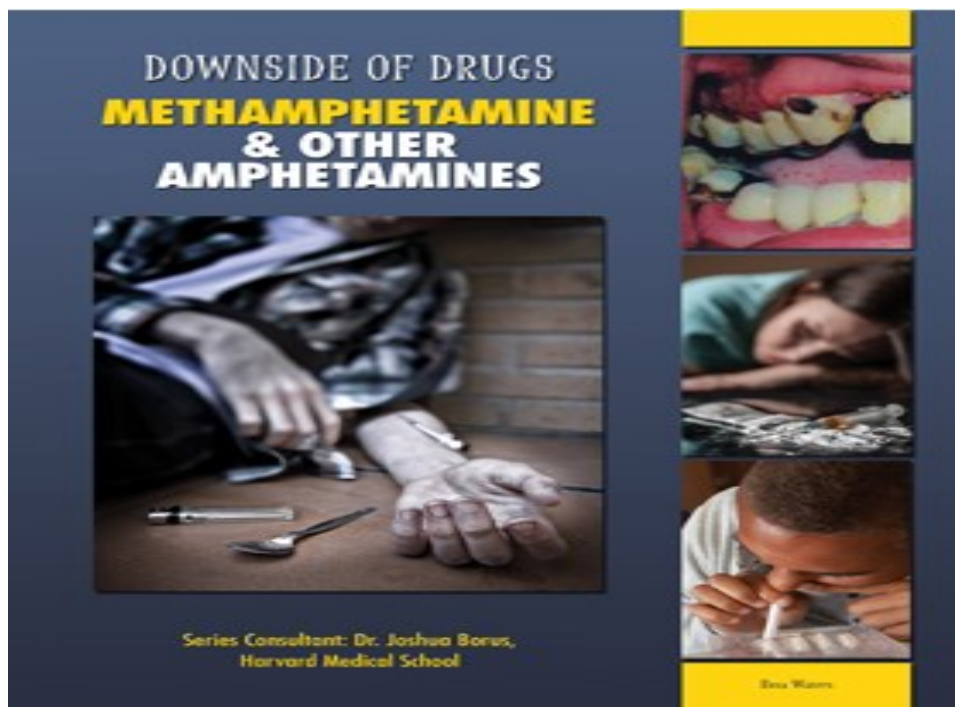
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Methamphetamine & Other Amphetamines

Methamphetamine is one of the most dangerous drugs available today. Meth and other amphetamines can seriously damage your body, ruin your relationships, and lead to prison and even death. Discover the true risks of these drugs, including the many awful effects they can have on your body, from rotting teeth to problems with your organs and brain. Find out how meth has ruined so many lives. Learn the downside of methamphetamine and other amphetamines!

ISBN: 978-1-4222-8809-2

Author: Rosa Waters

Format: Hosted eBook

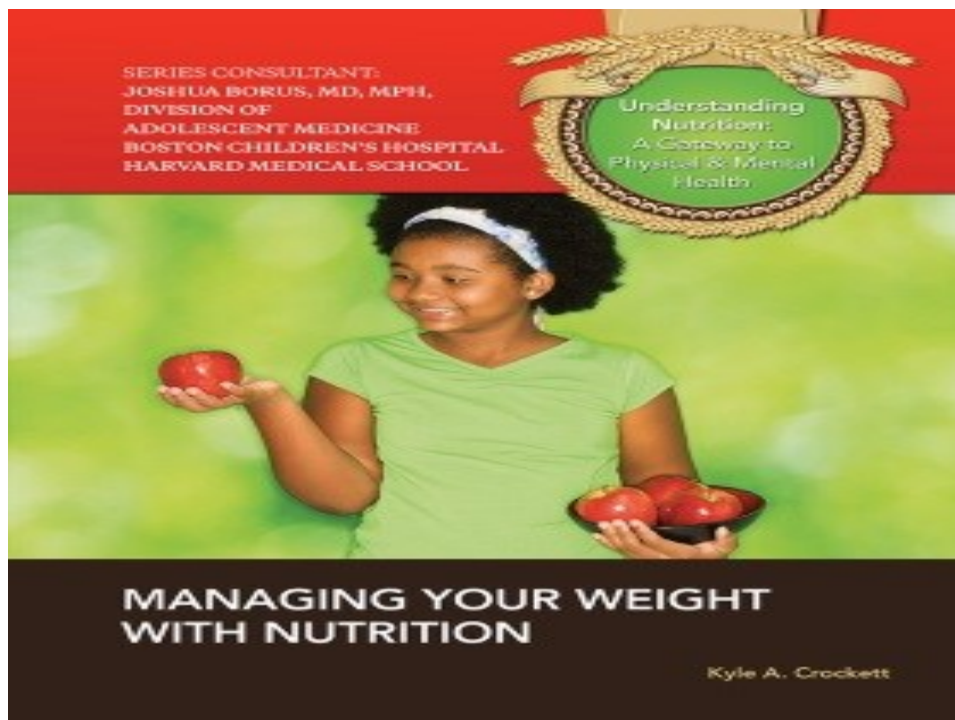
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Managing Your Weight with Nutrition

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? How do you tell if you're overweight? Being overweight or obese is a big problem these days. All around the world, lots and lots of people, both adults and young people, weigh more than is healthy. Find out what it means to be obese or overweight. Discover what to eat to lose weight, and how to stay healthy.

ISBN: 978-1-4222-8943-3

Author: Kyle A. Crockett

Format: Hosted eBook

Publisher: National Highlights Inc

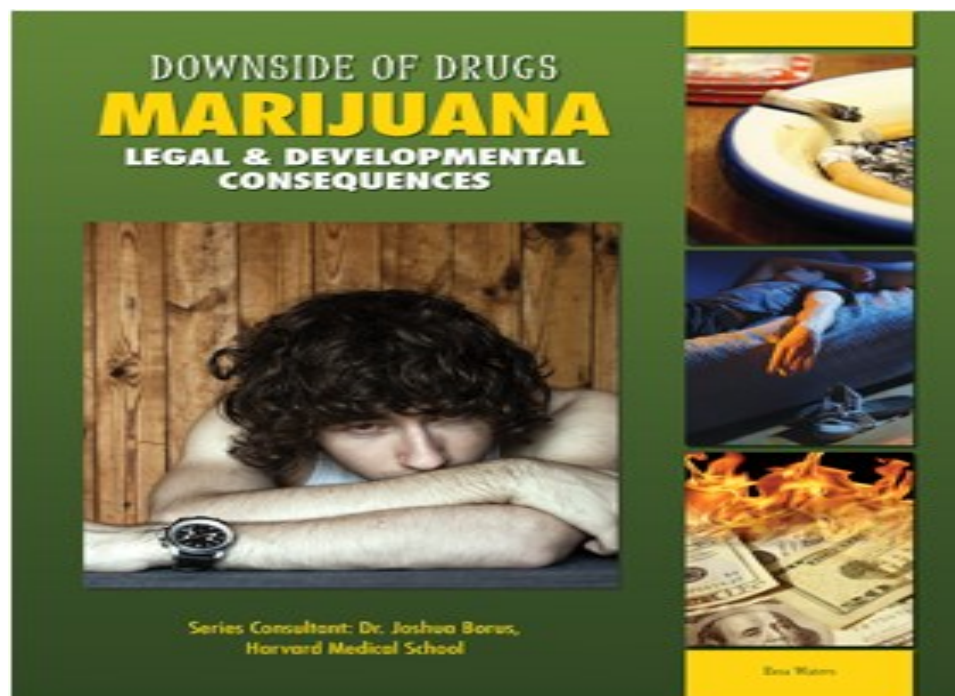
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 613.2

Grade Range: 6-8



Marijuana: Legal & Developmental Consequences

You may have heard that marijuana is a "safe" drug. In some parts of the United States, it's even legal and while a debate continues regarding recreational and medical use, research still conclusively confirms the devastating effect on a young, undeveloped adolescent brain. Using marijuana can have very real and very scary consequences for your body and your future. Discover the true dangers of using marijuana. Find out how marijuana can hurt your relationships with the people you love and keep you from doing your best in school. Learn the downside of marijuana!

ISBN: 978-1-4222-8808-5

Author: Rosa Waters

Format: Hosted eBook

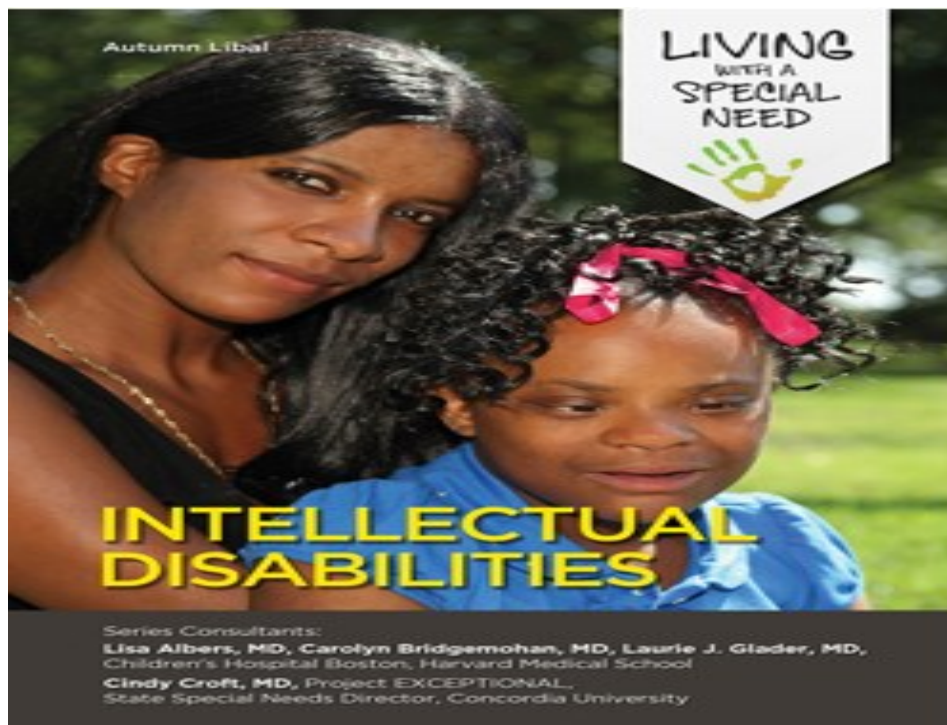
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Intellectual Disabilities

New parents who find out they're going to have a child with intellectual challenges are faced with many questions: Will she be able to function in the world? Will she have the same hopes and dreams as other children? Will her life be happy—or filled with sadness and failure? Along with the Brown family, you'll discover the answers to these questions as you read the story of Penelope Brown, a girl with Down syndrome. You'll see Penelope struggle to overcome others' ignorance and prejudice—and you'll watch her as she learns to follow her dreams.

ISBN: 978-1-4222-8822-1

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 618.92'858842

Grade Range: 6-8



Learning Disabilities

Learning disabilities are extremely common. Teachers and parents often make the mistake of thinking children with these disabilities aren't trying hard enough or simply aren't as intelligent as other students—but in reality, young people with learning disabilities simply need special attention and a different approach to learning. Read about Charlie Begay, who thought he liked school, at least until he got to first grade. Now, no matter how hard he tries, he just can't make the words on the pages make sense—and his teacher doesn't seem to understand how hard he's trying. As you read Charlie's story, you'll discover some of the issues young people with learning disabilities face in today's educational system—and you'll learn how the educational system can help students overcome their disabilities.

ISBN: 978-1-4222-8825-2

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 371.9

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

IMPULSE- CONTROL DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, Pharmalink Consulting

AUTUMN LIBAL

Impulse-Control Disorders

Have you ever known that you shouldn't do something, but just couldn't stop yourself? Of course you have! Perhaps you couldn't resist having one more piece of birthday cake. Maybe your brother or sister made you so mad that you couldn't help yelling. Everyone experiences uncontrollable impulses like these sometimes. But what if these impulses happened to you all the time? How would you interact with your family, do your work at school, or make friends if you couldn't control your impulses? Jeremiah, for instance, loved fire. He loved everything about it—the way it looked, the way it smelled, how its heat enveloped everything. Even though he knew it was wrong, Jeremiah lit fires and watched them incinerate, eat, and destroy everything in their paths. Jeremiah also liked the smoke detectors in his house. He loved taking them apart. Sometimes, after school, Jeremiah would sit in his room, dismantle the smoke detector piece by piece, and then put it back together. Once the smoke detector was reassembled, Jeremiah would light a match beneath it and time how many seconds it took before the detector let out its high-pitched squeal. People like Jeremiah cannot control all the impulses they feel. Some people may get uncontrollably angry, steal, light fires, gamble, pull their own hair, or perform other impulsive actions that are harmful to themselves, their families, and their friends. When a person has repetitive impulses like these, he may be suffering from a psychiatric condition known as an impulse-control disorder. The stories and information in this book will tell you more about impulse-control disorders, how they affect people's lives, and how they can be treated.

ISBN: 978-1-4222-8988-4

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85/84061

Grade Range: 6-8



I Like Me

ISBN: 9781422296103

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

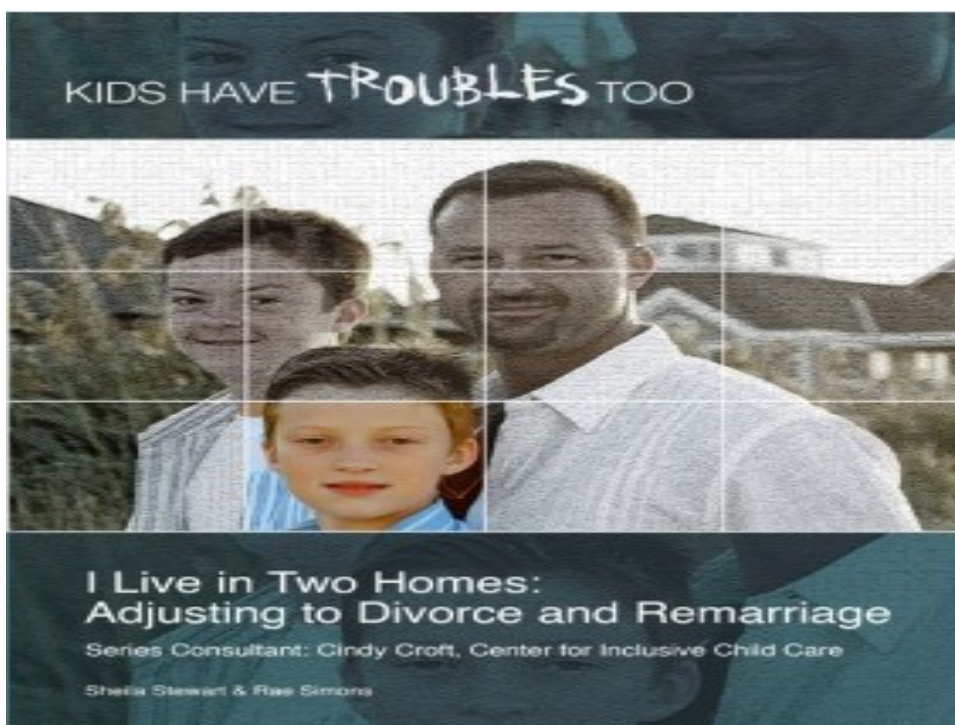
Imprint: Mason Crest Publishers Inc

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Series/Set: Kids Have Troubles Too

Dewey Number(s): 155.4

Grade Range: 6-8



I Live in Two Homes: Adjusting to Divorce and Remarriage

ISBN: 9781422296158

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 306.874

Grade Range: 6-8



I Don't Keep Secrets

ISBN: 9781422296110

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

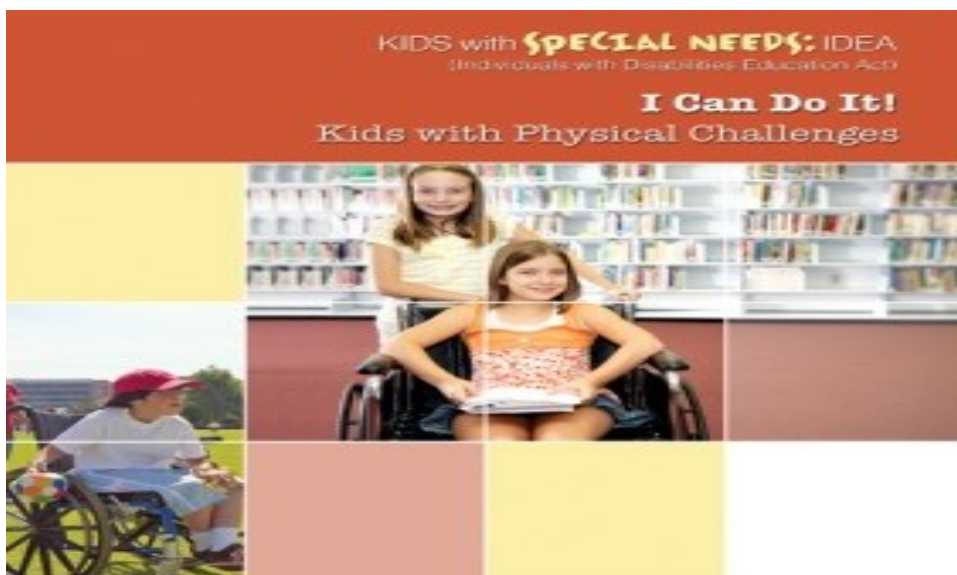
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 155.4

Grade Range: 6-8



I Can Do It! Kids with Physical Challenges

ISBN: 9781422295977

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

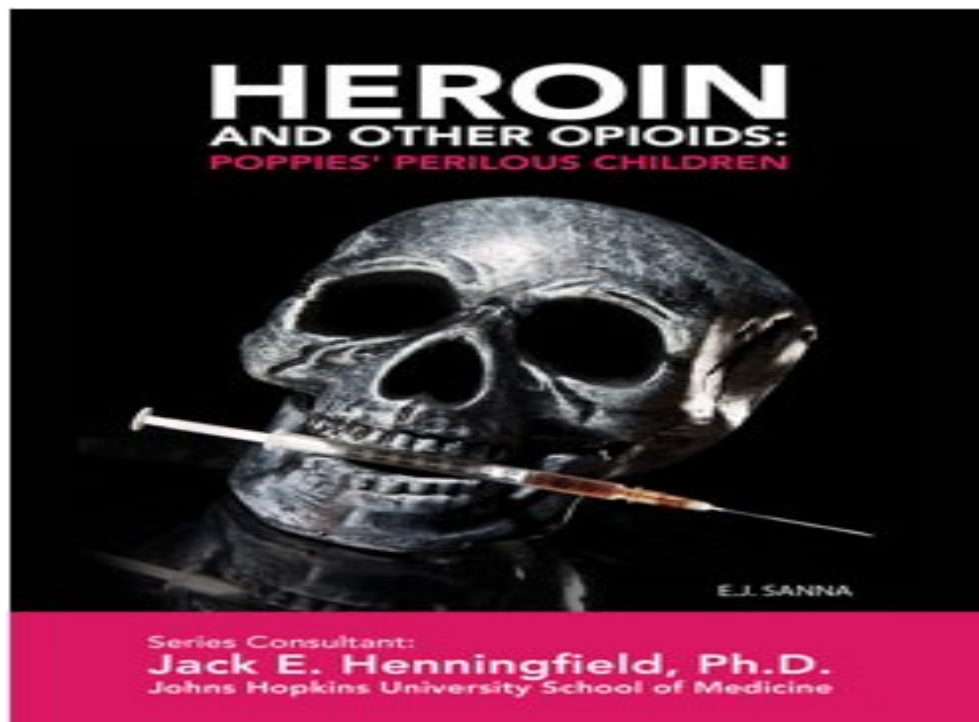
Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 362.4

Grade Range: 6-8

Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School



Heroin and Other Opioids: Poppies' Perilous Children

Heroin, opium, morphine, and codeine—the natural opioids. In *Heroin and Other Opioids: Poppies' Perilous Children*, you'll learn about these substances as well as newer derivatives, all of which can impact lives in serious and negative ways. Take a trip through the history of opium production and use, and its role in political history. Discover that opioids were popular patent medicines, the primary ingredients of such "medicines" as Mrs. Winslow's Soothing Syrup, Hamlin's Wizard Oil, and other "cures for what ails you." Heroin and opioids didn't just go away when their use was outlawed. Instead, they became part of a large illegal narcotics market. Legal derivatives were also produced and marketed as effective treatments for pain and other conditions.

ISBN: 9781422292976

Author: E.J. Sanna

Format: Hosted eBook

Publisher: National Highlights Inc

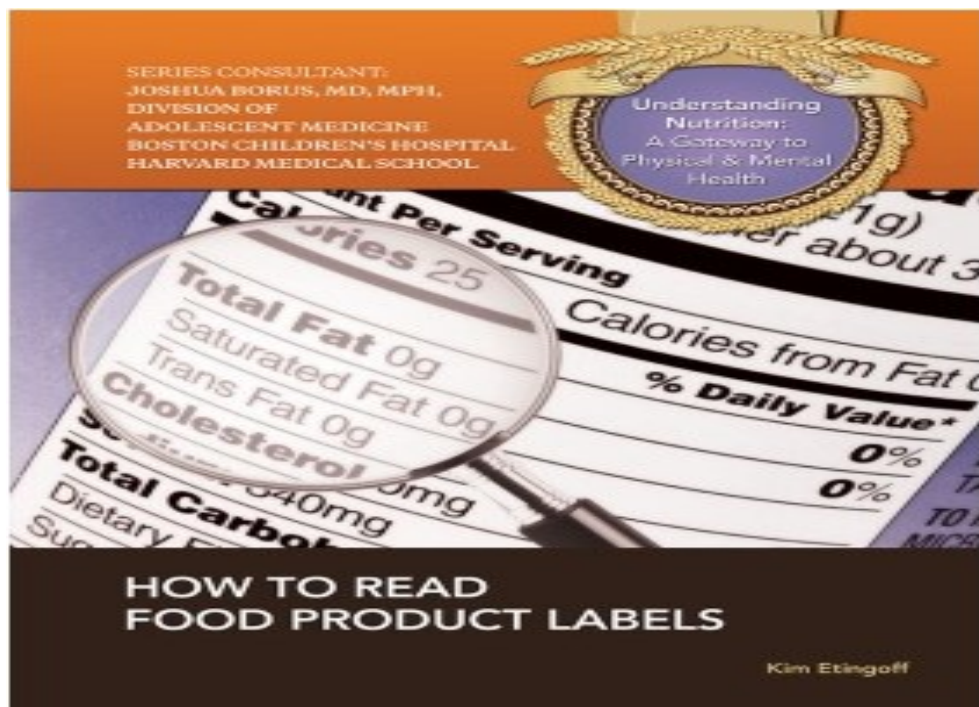
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



How to Read Food Product Labels

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? How can you use the food labels to find the answers to these questions? Food labels let you know what kinds of ingredients are in your food, and how many nutrients are in there. Discover how to read food labels—and how to use them to choose the best foods you can!

ISBN: 978-1-4222-8942-6

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

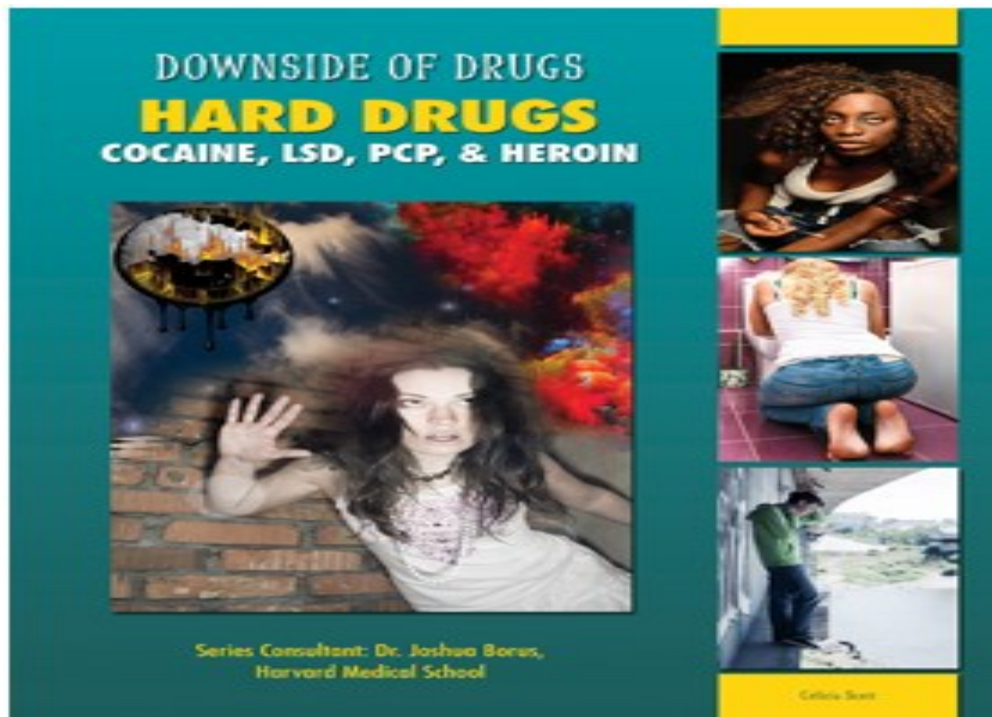
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Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 664'.09

Grade Range: 6-8



Hard Drugs: Cocaine, LSD, PCP, & Heroin

Hard drugs like cocaine, heroin, LSD, and PCP can hurt your body and change the way your mind works. And it only takes trying these drugs once to put you at risk. Discover the true consequences of using the world's most dangerous drugs. Learn how hard drugs damage your mind and body, and how they can get you in trouble with the law. Find out about the downside of hard drugs!

ISBN: 978-1-4222-8807-8

Author: Celicia Scott

Format: Hosted eBook

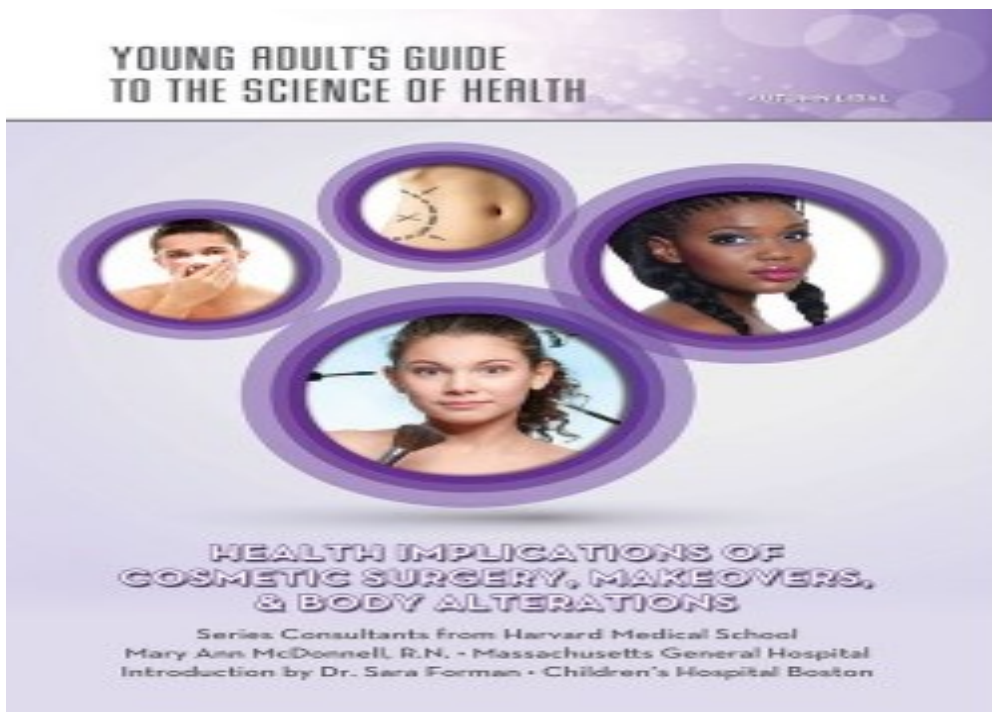
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Downside of Drugs

Grade Range: 6-8



Health Implications of Cosmetic Surgery, Makeovers, & Body Alterations

If you're like most people, you probably wish you could change at least one part of your body. Perhaps you think a makeover, a new you, will make all the difference in the world. Maybe you think that changing your looks will change your life. And if you believe the advertisements you see on television and in magazines, you might think it will be easy to achieve your beauty goals. But when it comes to makeovers, there's more to success than meets the eye. In this book, you'll learn about current trends in the makeover industry and the promises and risks that come with them. You'll also explore why we as a culture are so beauty-obsessed. Finally, you'll learn about the many options available that can help change the way you feel about yourself and others—not simply the way you look!

ISBN: 978-1-4222-9007-1

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

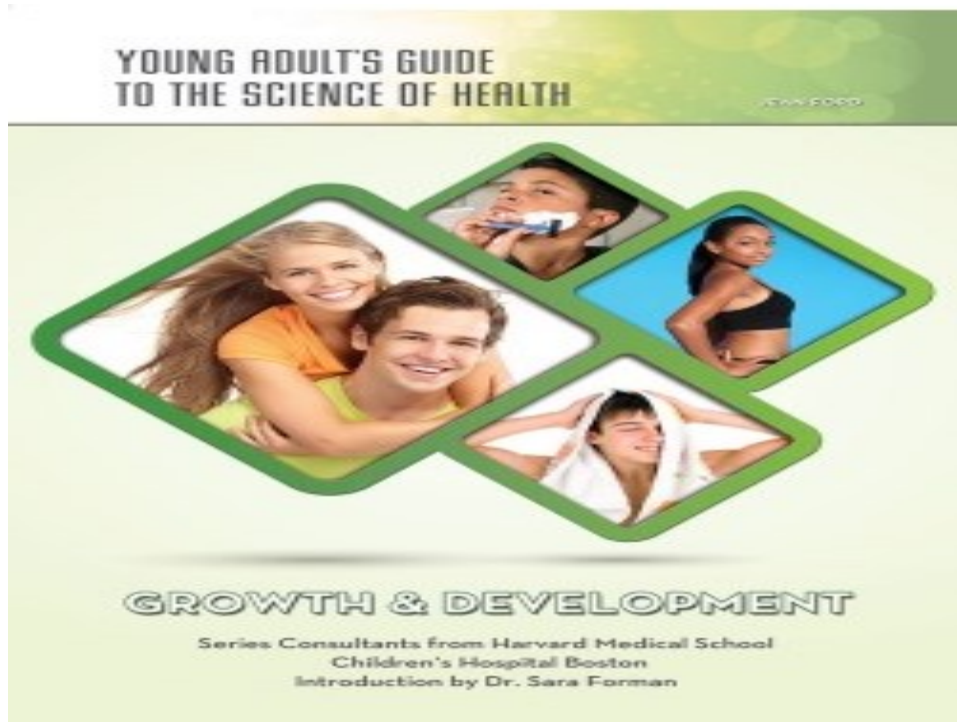
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Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 646.7'2

Grade Range: 6-8



Growth & Development

You're not a little kid anymore. When you look in the mirror, you probably see someone who is taller...bigger...with a face that looks more like an adult's than a child's. The changes you're experiencing on the inside—in your mind and emotions—may be even more intense than the ones everyone can see on the outside. Growth and development during adolescence involves every aspect of your identity. All these changes can be exciting...and scary. But these changes are entirely normal. This book will help you understand what's happening to you. Every adult has gone through the same intellectual, emotional, sexual, and social changes you're experiencing. Some people progress through these changes faster than others, some earlier, some later. Each teen is unique. Wherever you fall on the spectrum of growth and development, don't worry—you're right on schedule!

ISBN: 978-1-4222-9006-4

Author: Jean Ford

Format: Hosted eBook

Publisher: National Highlights, Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 649'.68

Grade Range: 6-8



Gunman on Campus

Shootings have been in the news a lot in recent years. For many, a shooting at school is the worst kind of nightmare. School is meant to be a place where kids can be safe. A person with a gun on school grounds is never meant to happen. But what if it does?

ISBN: 978-1-4222-8831-3

Author: Kim Etingoff

Format: Hosted eBook

Imprint: National Highlights Inc.

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 371.7'82

Grade Range: 6-8



Gender Issues

Young people with gender issues often face misunderstanding and prejudice. People think they're homosexual—or just weird. Being an adolescent is hard enough for anyone—but it's especially hard for young people who feel like they're trapped in the body of the wrong gender. In this book you will read about Kendra Campbell who was born a boy but feels like a girl. On the outside she's Kevin—but on the inside, she knows her name is Kendra. As you read Kevin-Kendra's story, you'll start to understand what gender really means. You'll find out how it feels to be trapped in a body of the wrong gender.

ISBN: 978-1-4222-8821-4

Author: Kenneth McIntosh

Format: Hosted eBook

Publisher: National Highlights Inc.

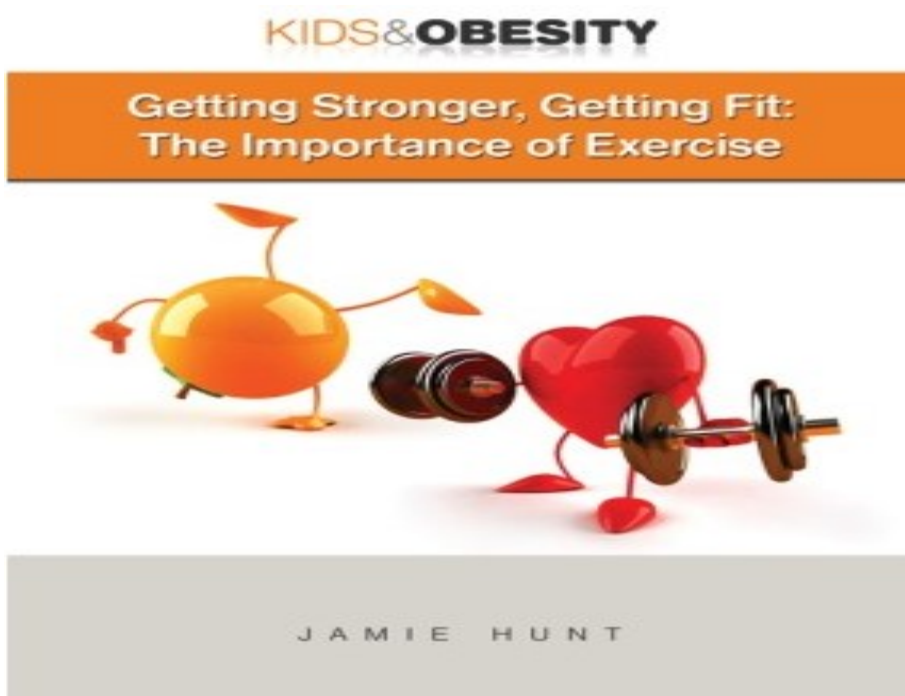
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Living with a Special Need

Dewey Number(s): 305.3

Grade Range: 6-8



Getting Stronger, Getting Fit: The Importance of Exercise

ISBN: 9781422296240

Author: Jamie Hunt

Format: Hosted eBook

Publisher: National Highlights Inc

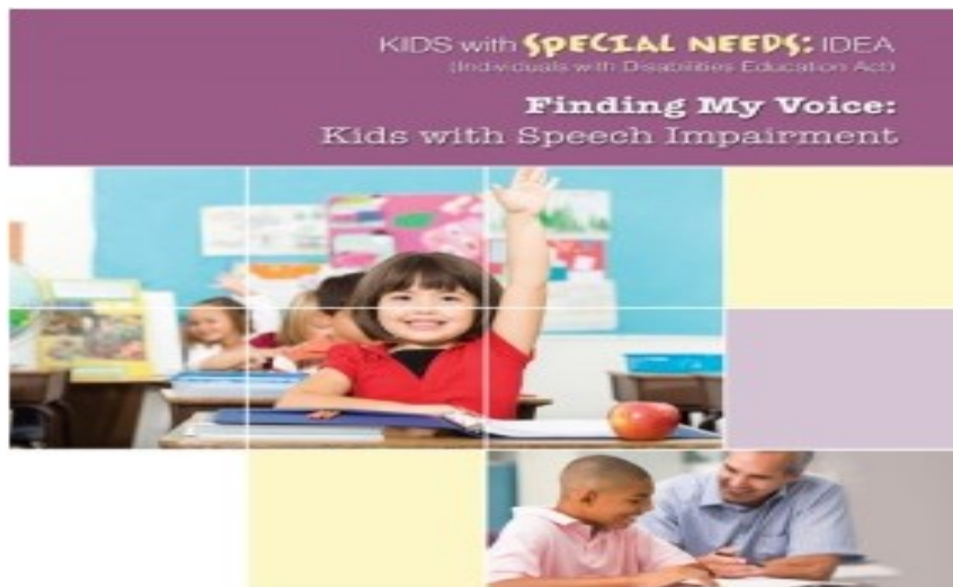
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 613.7

Grade Range: 6-8



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

Finding My Voice: Kids with Speech Impairment

ISBN: 9781422295984

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

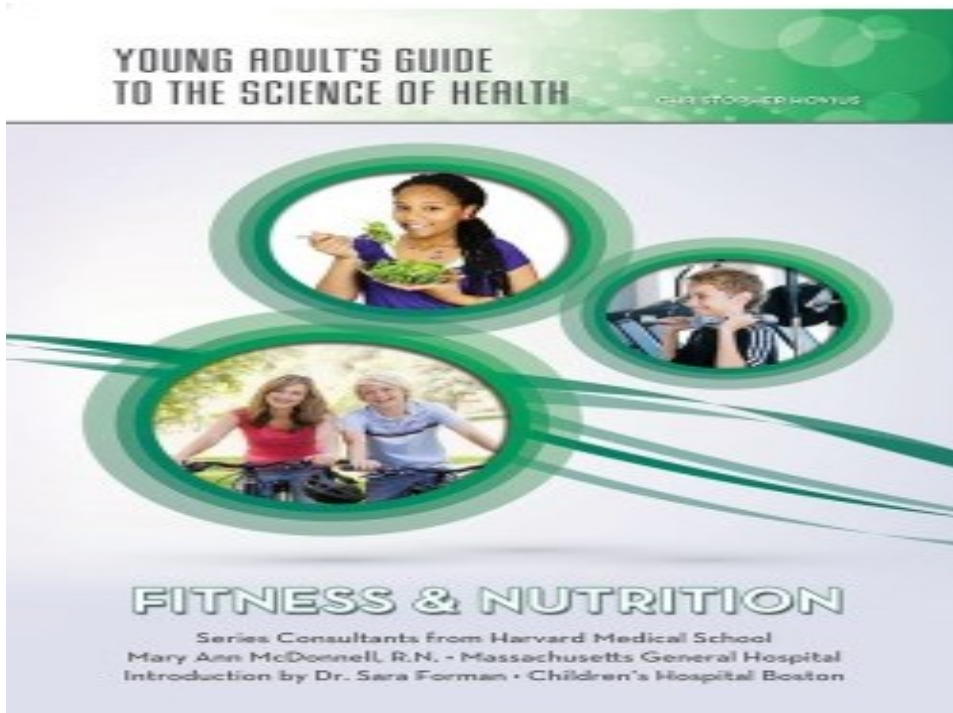
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8



Fitness & Nutrition

Do you ever wish you were stronger...thinner...more athletic...healthier? Most of us would change at least one thing about ourselves if we could. But real health and happiness aren't dependent on matching yourself against the unrealistic ideals of a model-thin body or a pumped-up body builder's bulging muscles. Instead, fitness and good nutrition are the two factors that can lead to physical and emotional health. When you were younger, your parents told you what to eat. They probably encouraged you to eat the foods that would provide you with the various nutrients you needed to grow. They may have also encouraged you to get regular exercise. But you're older now. You've begun to make your own decisions about what you eat and how active you are. Learning what your body needs to be healthy is an important part of becoming a responsible adult. Taking care of yourself makes sense if you want to be happy and enjoy life. This book will tell you how to be the best you can be!

ISBN: 978-1-4222-9005-7

Author: Christopher Hovius

Format: Hosted eBook

Publisher: National Highlights Inc

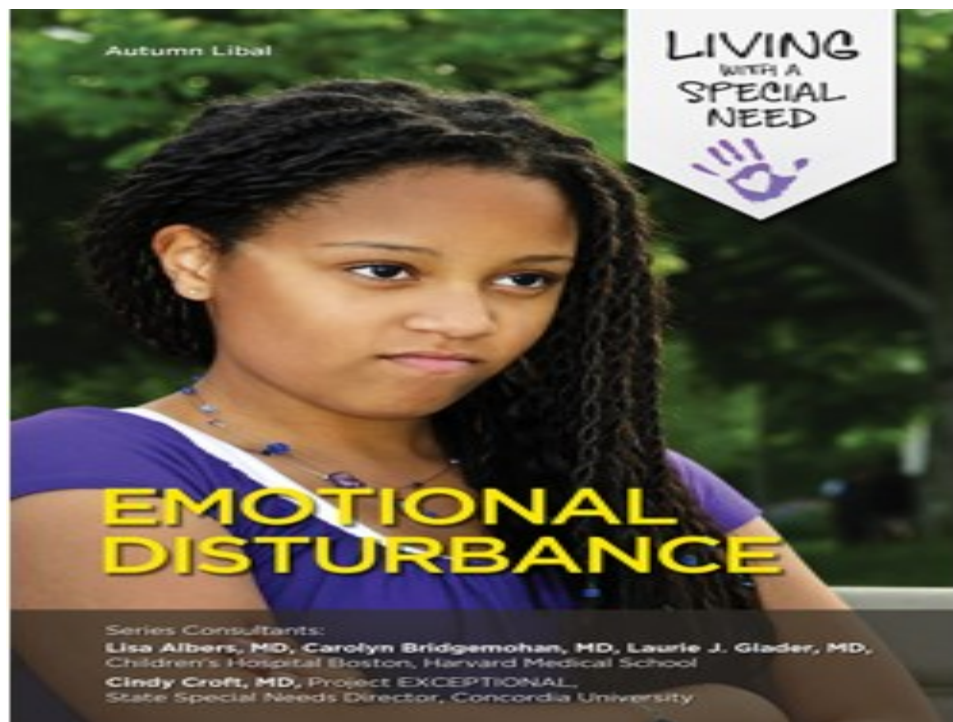
Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 613.7'042

Grade Range: 6-8



Emotional Disturbance

Being a teenager is never easy. This phase of life is filled with changes, and new, unexpected challenges are always presenting themselves. For someone who has trouble controlling her emotions, these challenges can be especially hard to handle. As you read the story of Sheila, a teenager with an emotional disturbance, you will find out what it means to live with these extra challenges. You'll learn about some of the systems in place to help kids like Sheila, as well as some of the strengths and weaknesses of these systems. You'll discover that teenagers with emotional disturbance aren't so very different from you and your friends!

ISBN: 978-1-4222-8819-1

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

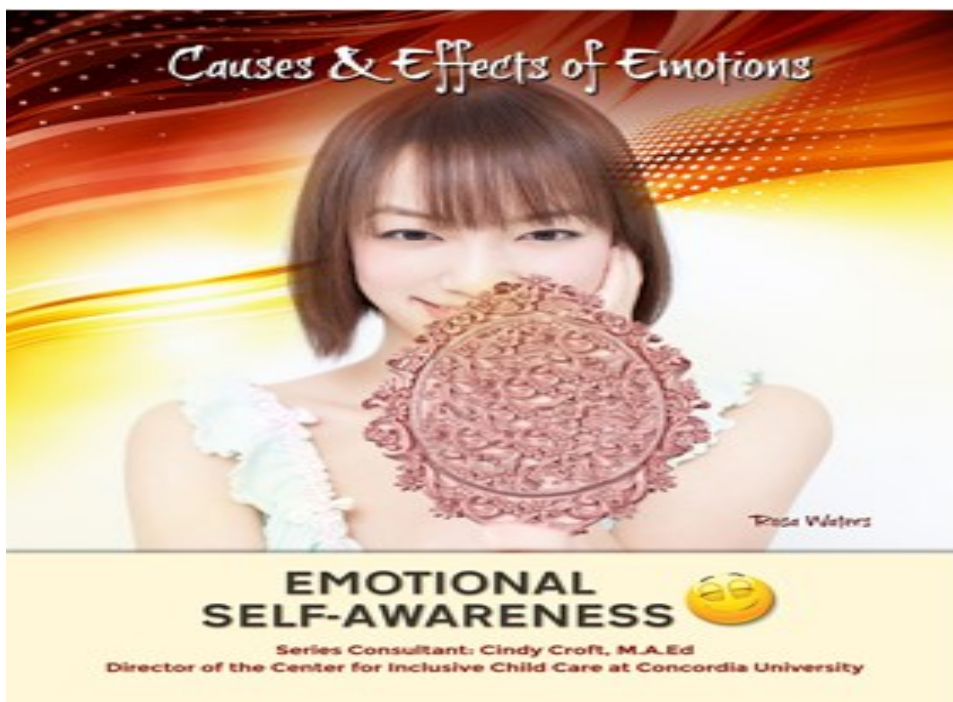
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Series/Set: Living with a Special Need

Dewey Number(s): 618.92'89

Grade Range: 6-8



Emotional Self-Awareness

Let your emotions teach you something new about yourself. Our emotions are the feelings inside our minds that come and go. Sometimes we feel happy, and sometimes we feel sad; sometimes we feel angry, sometimes we're scared, and sometimes we're bored. Positive emotions—like joy and excitement—give us the energy we need to be creative and do amazing things. Negative feelings—like grief and anger—aren't all bad either. They can teach us to stay away from things that might hurt us. Scientists are exploring the connections between our emotions, our brains, and the rest of our bodies. They know that emotions are important. The more you learn about them, the more you'll be able to use them to help you manage your entire life better. Discover more within this book!

ISBN: 978-1-4222-8763-7

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

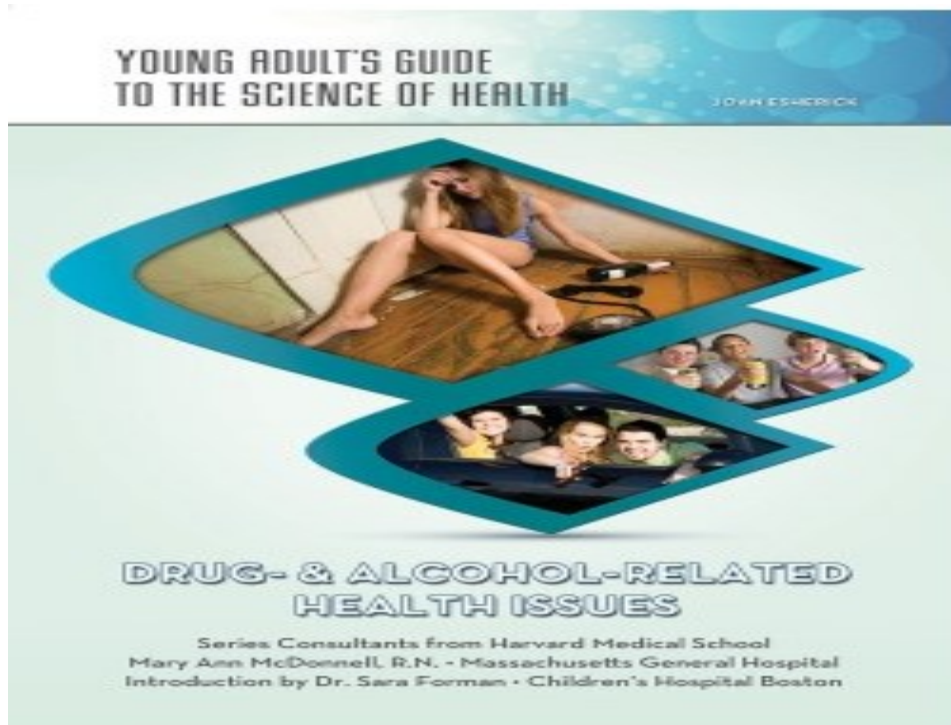
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4

Grade Range: 6-8



Drug- & Alcohol-Related Health Issues

As an adolescent, you'll have to make up your mind about a lot of things. Drugs and alcohol are among the most important. Using chemicals recreationally is a common aspect of many teen parties. No one sets out to become addicted. No one plans on any harmful side effects. But these things do happen. You owe it to yourself to find out the facts about drugs and alcohol. This book will tell you: • Some of the reasons why teens choose to start using drugs. • How chemical substances affect your brain. • Information about the "gateway" drugs—tobacco, alcohol, marijuana, and inhalants. • The truth about abusing prescription drugs, over-the-counter medications, and steroids. • The dangers involved with Ecstasy and other club drugs, as well as heroin. Don't depend on peer pressure to make up your mind. Drugs and alcohol can permanently damage your life. You don't want to be one of the teens who is literally dying for acceptance!

ISBN: 978-1-4222-9004-0

Author: Joan Esherrick

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 362.29

Grade Range: 6-8



Drugs & Alcohol

Drugs and alcohol are dangerous no matter how old you are, but for kids, the risks of using drugs or alcohol are even more serious. Even though many young people know that drugs and alcohol can be deadly, they still put themselves in harm's way by using these unsafe substances.

ISBN: 978-1-4222-8830-6

Author: Kim Etingoff

Format: Hosted eBook

Publisher: Nation

Imprint: Mason Crest

Copyright: 2015

Series/Set: Safety First

Grade Range: 6-8

YOUNG ADULT'S GUIDE TO THE SCIENCE OF HEALTH

AUTUMN LIBAL



DENTAL CARE

Series Consultants from
Harvard Medical School • Children's Hospital Boston
Nancy Noyes, R.N. • Introduction by Dr. Sara Forman

Dental Care

Did you know that poor dental hygiene can increase your risk of heart attack and stroke? Or that the incidence of cavities and tooth decay increases in the teenage years? Did you know that countries with a higher standard of living (like the United States, Canada, and England) actually have higher rates of tooth loss and decay than countries with a lower standard of living? Or that dental drills existed for thousands of years before people even had electricity? Dental hygiene is extremely important to both your physical and emotional health. Your teeth are an integral part of many important activities, such as eating, speaking, and smiling. From the Mayan practice of inlaying semi-precious stones into teeth to today's practices of braces and high-tech dental care, this book covers a wide range of dental topics. It will tell you how dental care has developed throughout the ages and will introduce you to some of today's most cutting-edge technologies. Most important, it will guide you through everything you need to know about caring for your teeth and maintaining a beautiful smile today and into the future.

ISBN: 978-1-4222-9003-3

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 617.6'01

Grade Range: 6-8

Diet Myths: Sorting Through the Hype

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What about diets? Lots of people want to lose weight these days. They turn to diets to help them slim down—but diets aren't usually the healthiest options. Diet Myths: Sorting Through the Hype helps you figure out good ways to lose weight and stay in shape. Discover good eating habits that will keep you strong and feeling good for a lifetime!

ISBN: 978-1-4222-8938-9

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights, Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 613.2

Grade Range: 6-8

SERIES CONSULTANT:
JOSHUA BORUS, MD, MPH,
DIVISION OF
ADOLESCENT MEDICINE
BOSTON CHILDREN'S HOSPITAL
HARVARD MEDICAL SCHOOL



DIET MYTHS: SORTING THROUGH THE HYPE

Kim Etingoff



Deaf and Hard of Hearing

In a world where most educational and social systems are designed for people who can hear, being deaf or hard of hearing presents young people with a unique set of challenges. They must find ways to communicate and overcome discrimination. In this book you will read about Denzel, who has never missed being able to hear. He was born deaf, and the idea of "sound" is confusing to him. As you follow Denzel's journey through a world designed for the hearing, you'll see him find ways to overcome the challenges of communicating with others. Being deaf doesn't have to be a handicap—and it won't keep Denzel from exploring, learning, or accomplishing his dreams!

ISBN: 978-1-4222-8818-4

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

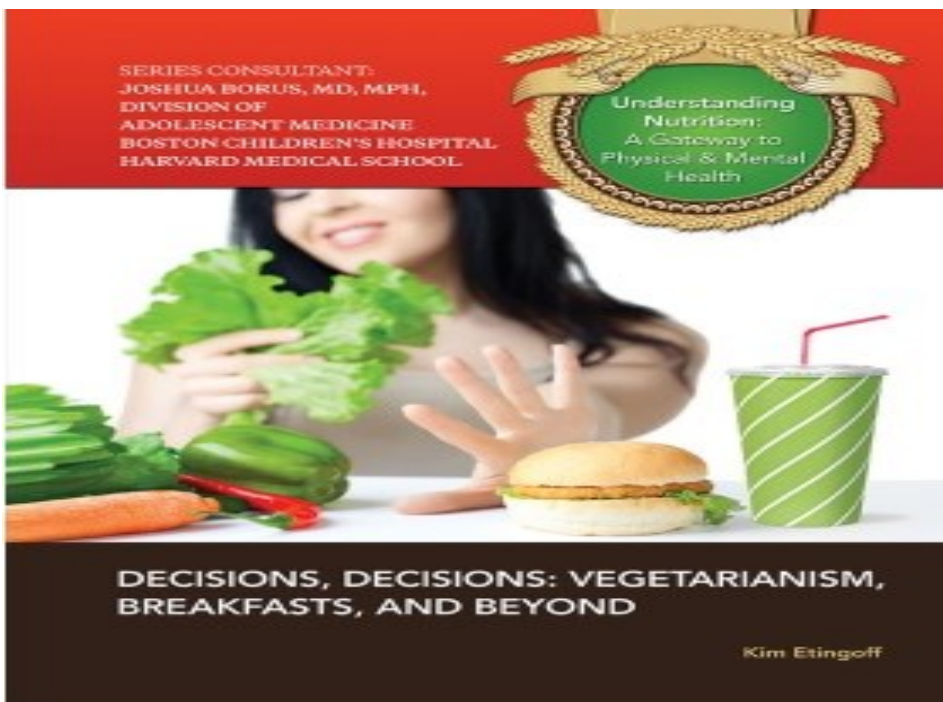
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 362.4'2083

Grade Range: 6-8



Decisions, Decisions: Vegetarianism, Breakfasts, and Beyond

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What exactly should you eat? During your lifetime, starting right now, you'll have to make a lot of decisions about food. You'll need to choose whether or not to eat breakfast. You'll pick what to eat for lunch. You'll decide whether you want to eat meat or not. It's good to be prepared to make healthy food decisions. Decisions, Decisions: Vegetarianism, Breakfasts, and Beyond helps you navigate through the many food options you face.

ISBN: 978-1-4222-8937-2

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

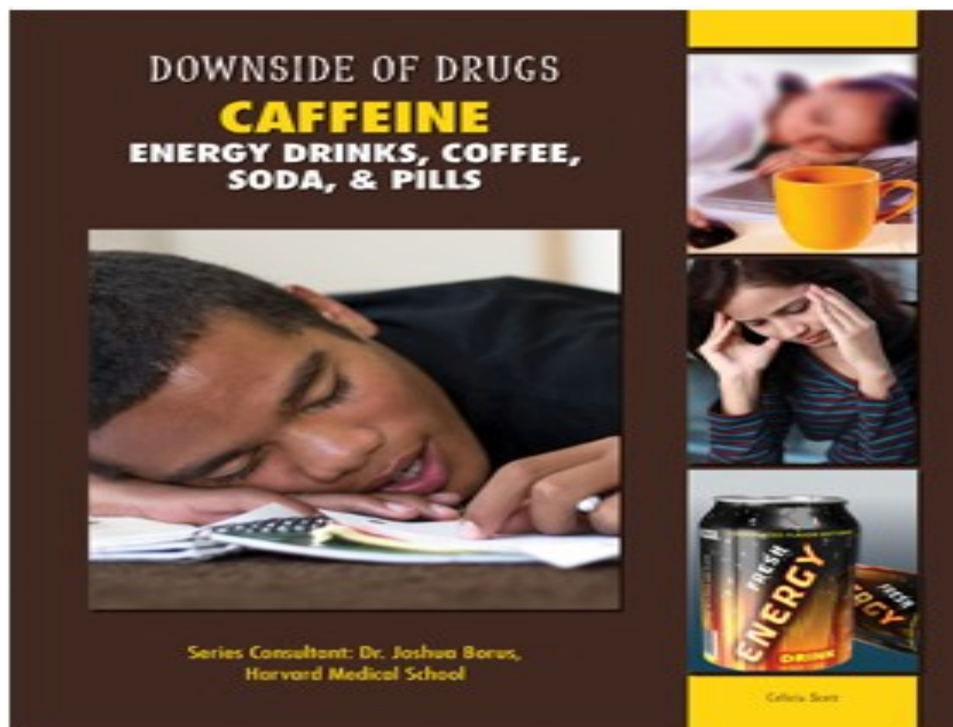
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 641.5'622

Grade Range: 6-8



Caffeine: Energy Drinks, Coffee, Soda, & Pills

People around the world consume coffee, tea, energy drinks, soda, and pills that contain caffeine, without a thought for the consequences the caffeine may have on their lives. For young adults, these consequences are even more serious. With a vast industry targeting its marketing at young people, educating yourself is the essential first step to counter caffeine's possible effects on your life, from sleep problems to addiction. Discover the true effects of caffeine on your body. Learn about the downside of caffeine!

ISBN: 978-1-4222-8804-7

Author: Celicia Scott

Format: Hosted eBook

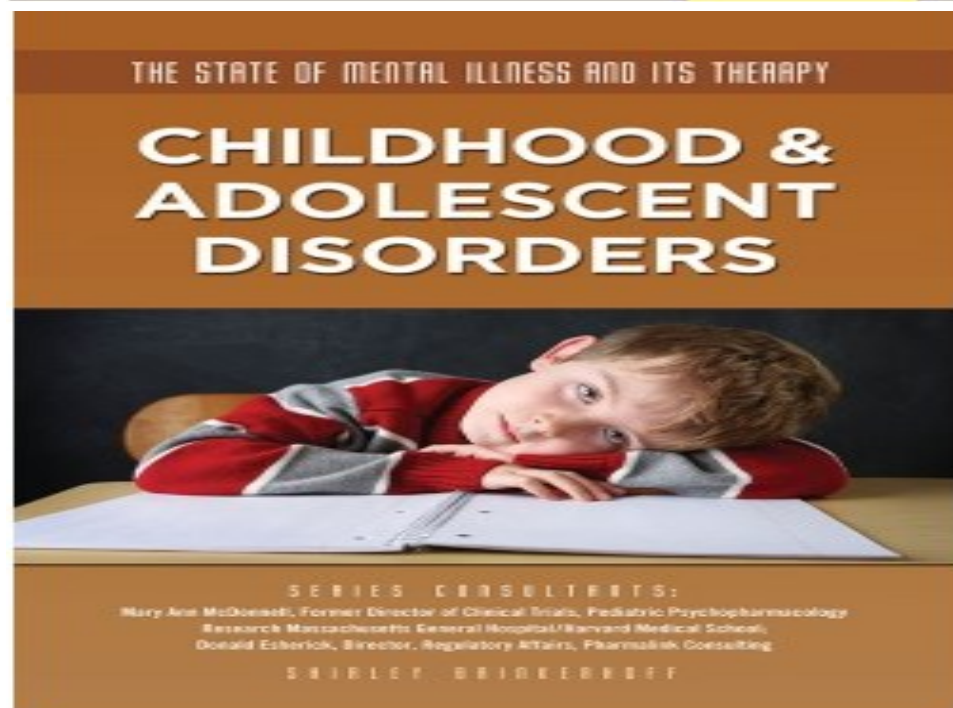
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Childhood & Adolescent Disorders

Mental disorders can affect people of all ages and backgrounds. But specific mental disorders may be more likely to affect certain groups of people than other groups. For example, some mental disorders, like attention deficit hyperactivity disorder, are more common in children and adolescents than in adults. Dealing with the issues that surround mental disorders can be difficult for anyone. However, young people who must balance a mental disorder with other stresses, like schoolwork, extra-curricular activities, social pressures, and physical changes, may face additional challenges coping with mental disorders. With promising discoveries and developments in psychiatric drug treatments, doctors now have more ways than ever to help patients with childhood and adolescent disorders. In this book, you will read about:

- Tracy, who refused to hug or kiss her parents or even look them in the eye.
- Kelly, a child with mental retardation who needed schooling but couldn't stay in her classroom because she banged her head against the walls.
- Tony, whose undiagnosed and untreated ADHD led him into drug and alcohol abuse.
- Carissa, who was sent home from summer camp because of her tics and echolalia.

Learn how parents, doctors and psychiatrists were able to help each of these young people cope with their disorders and achieve their individual potential.

ISBN: 978-1-4222-8983-9

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights, Inc.

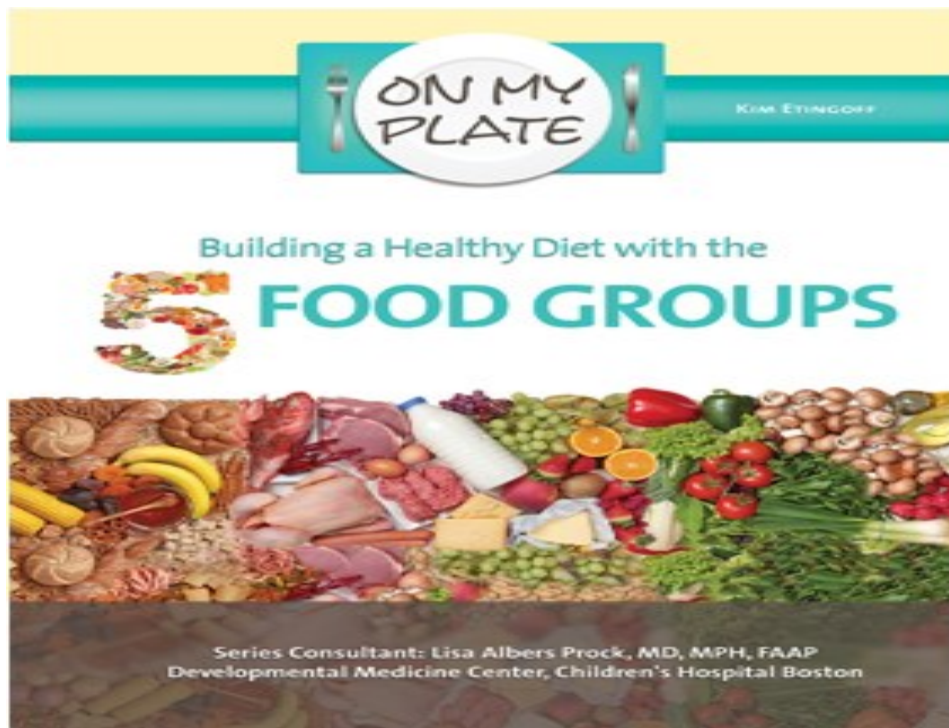
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.89'180835

Grade Range: 6-8



Building a Healthy Diet with the 5 Food Groups

We all need to eat! But making healthy food choices can be tough. To be healthy, we can't eat only our favorite foods. We need to eat some foods from each of the five food groups: dairy, fruits, vegetables, grains, and proteins. Learn about all five food groups and find out why each is so important to a healthy life. Discover why eating a balanced diet is one of the best ways to lose weight, stay in shape, and keep your body healthy—and how you can do just that!

ISBN: 978-1-4222-8786-6

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 613.2

Grade Range: 6-8



Bully on Campus & Online

Each year, millions of kids are bullied. Bullying is nothing new, but today, it is more than hurting with fists or feet. For many young people, leaving school doesn't stop the bullying, because the bullies are on the Internet.

ISBN: 978-1-4222-8829-0

Author: Kim Etingoff

Format: Hosted eBook

Publisher: Mason Crest

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 302.34

Grade Range: 6-8



Blindness and Vision Impairment

It's impossible to predict all the ways that being blind will affect a person's life. From relearning things like reading and moving around, to the emotional impact of not being able to see, blindness and vision impairments present people with a whole new set of difficult challenges. In this book, as you read the story of Kyla's vision impairment, you'll learn about many of the disorders and injuries that can cause blindness and impaired vision. You'll also find out about the techniques and services used to treat and deal with blindness, including guide animals, white canes, Braille, and programs such as special summer camps. Becoming blind doesn't have to get in the way of leading a fulfilling life!

ISBN: 978-1-4222-8815-3

Author: Patricia Souder

Format: Hosted eBook

Publisher: National Highlights Inc.

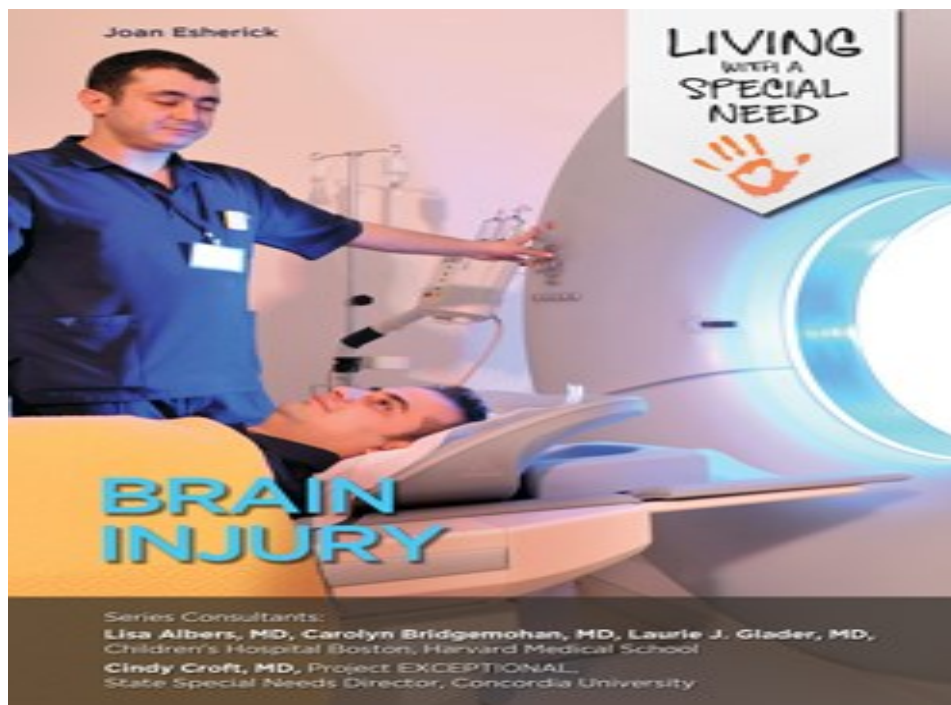
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 362.4'10835

Grade Range: 6-8



Brain Injury

The human brain is a fragile organ, and as a result, brain damage is all too common. Tumors, strokes, accidents, gunshots, and impacts to the skull can all cause brain injury. These injuries can be minor—or they might cause memory loss or the inability to move normally. Many people who suffer brain injuries must relearn how to walk, talk, and do basic things like tie their shoes. In this book, you'll read the story of Jerome, a boy who suffered a dangerous head injury while riding his bicycle. You'll learn how schools, doctors, and others are helping people like Jerome regain control of their lives.

ISBN: 978-1-4222-8816-0

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 617.4'81044

Grade Range: 6-8



Big Portions, Big Problems

"Your eyes are bigger than your stomach." Many of us have heard this familiar warning against overeating. But no matter how many times we hear it, changing our eating habits can be difficult. Instead of counting calories, we often judge food by how it looks . . . and by its size. In today's obesity epidemic, large portion sizes are a major factor. Find out how eating habits have been shaped by our love of bigness. Learn about what's best for your long-term health—and what you need to do to begin changing bad eating habits now.

ISBN: 978-1-4222-8840-5

Author: Ellyn Sanna

Format: Hosted eBook

Publisher: National Highlights Inc.

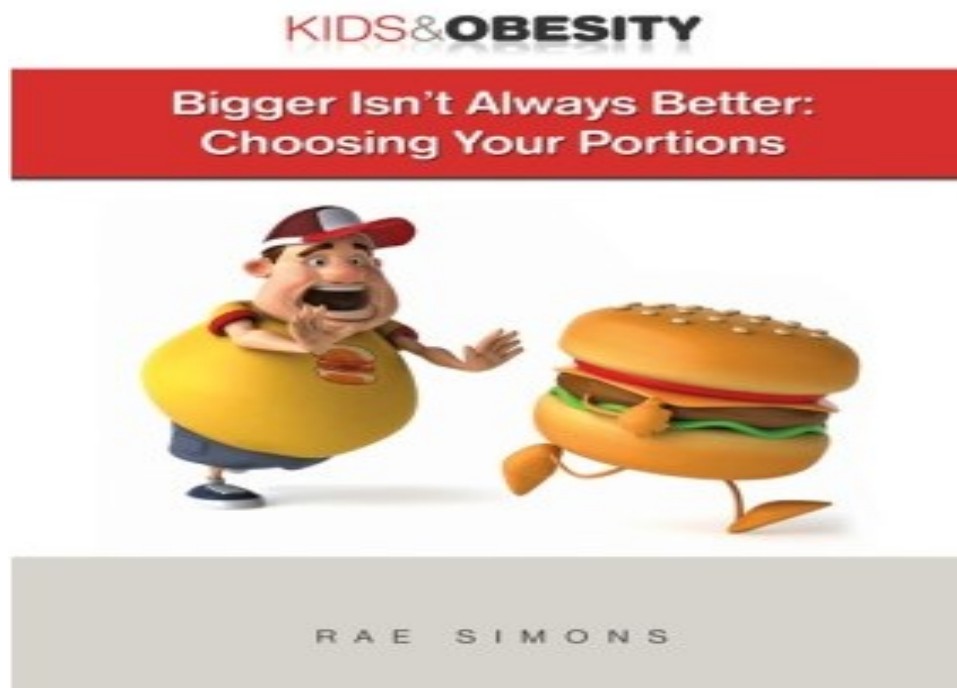
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.3/98/00973

Grade Range: 6-8



Bigger Isn't Always Better: Choosing Your Portions

ISBN: 9781422296271

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

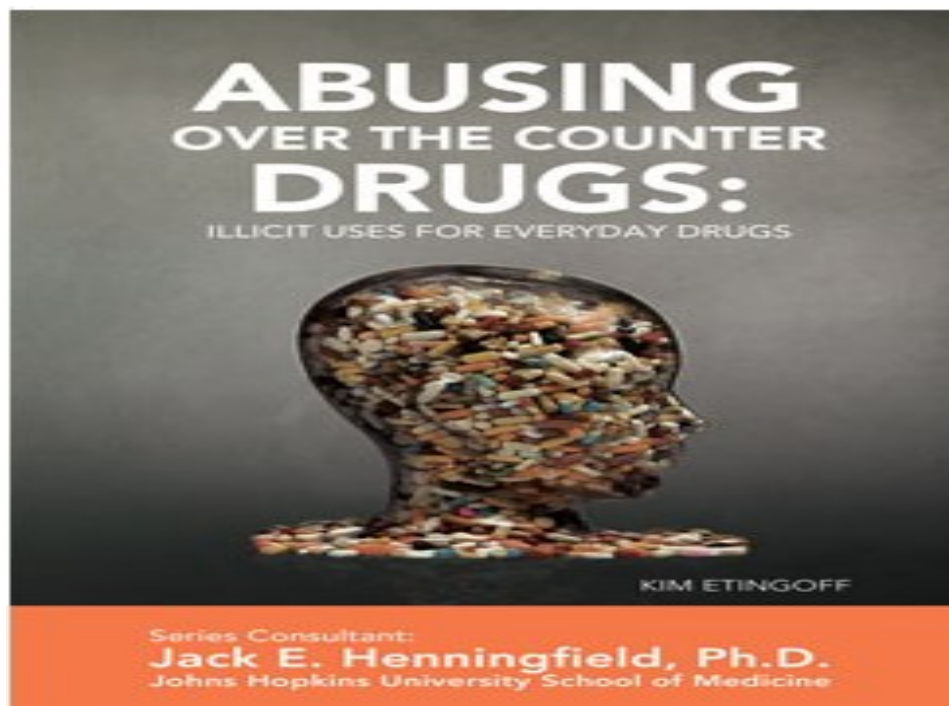
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 613.2

Grade Range: 6-8



Abusing Over the Counter Drugs: Illicit Uses for Everyday Drugs

The government has approved them. You don't need a prescription. You can get them at practically any supermarket. So obviously over-the-counter medications can't be dangerous, right? Wrong. When taken in ways other than directed, over-the-counter medications can be just as dangerous as many illegal drugs. And because there's a false sense of security about the medications—and because they are in almost everyone's home medicine cabinet—the abuse and misuse of over-the-counter medications are on the rise. *Abusing Over-the-Counter Drugs: Illicit Uses for Everyday Drugs* presents the facts about this alarming trend. You'll learn what drugs are most misused, the effects of misused over-the-counter medications, and what the government is doing to stem the problem. You will also find suggestions on how to get help to stop abusing over-the-counter medications.

ISBN: 9781422292891

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

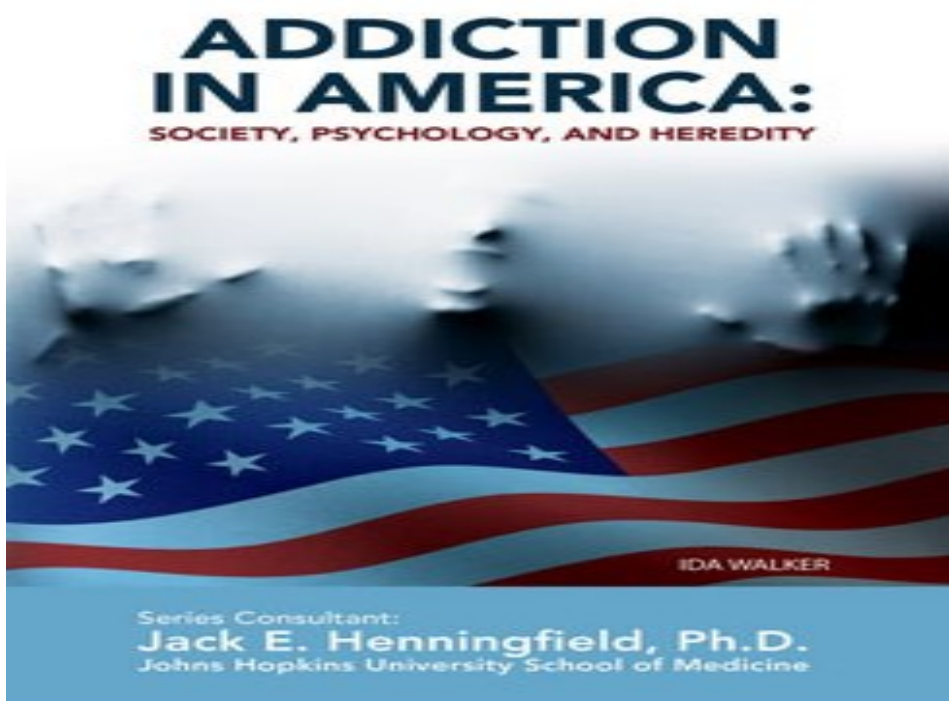
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Addiction in America: Society, Psychology, and Heredity

Almost 40 percent of people living in the United States have an addiction to alcohol, drugs, or some form of tobacco. These addictions cost Americans hundreds of billions of dollars every year. Clearly, addiction is an enormous problem. *Addiction in America: Society, Psychology, and Heredity* takes a look at what leads people to a life of addiction—the social, psychological, and hereditary factors that might make an individual susceptible to addiction. This book provides you with an overview of one of the most serious problems facing American society today.

ISBN: 9781422292907

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8

ADDICTION TREATMENT: Escaping the Trap



Series Consultant:
Jack E. Henningfield, Ph.D.
Johns Hopkins University School of Medicine

Addiction Treatment: Escaping the Trap

In the United States and Canada, millions of individuals have problems with substance abuse. In some cases the problems are relatively minor, but in others, that abuse leads to addiction. Addiction is a serious and costly disease. In *Addiction Treatment: Escaping the Trap*, you will learn some definitions important in the study of addiction treatment. You will also learn about the history of addiction treatment, including the work and continuing influence of the Washingtonians, the Emmanuel Movement, the Oxford Movement, and of course, Alcoholics Anonymous. Treatment philosophies are also presented in this book. Not all treatment methods are alike, and successful addiction treatment combines a variety of approaches. In *Addiction Treatment*, you will learn that recovery is an ongoing process, and read about suggestions on how to maintain a sober life.

ISBN: 9781422292914

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 616.86

Grade Range: 6-8

DOWNSIDE OF DRUGS **ADHD** MEDICATION ABUSE RITALIN®, ADDERALL®, & OTHER ADDICTIVE STIMULANTS



Series Consultant: Dr. Joshua Borus,
Harvard Medical School

ADHD Medication Abuse: Ritalin, Adderall, & Other Addictive Stimulants

People with ADHD—attention-deficit/hyperactivity disorder—can be helped by medications such as Ritalin™ and Adderall™. Alternatively, other young adults are abusing these same drugs to their own detriment. Discover the true consequences of ADHD medication abuse, including the many health risks of taking these drugs. Learn how abusing ADHD medication can change your life for the worse. Discover the downside of ADHD medication abuse!

ISBN: 978-1-4222-8802-3

Author: Rosa Waters

Format: Hosted eBook

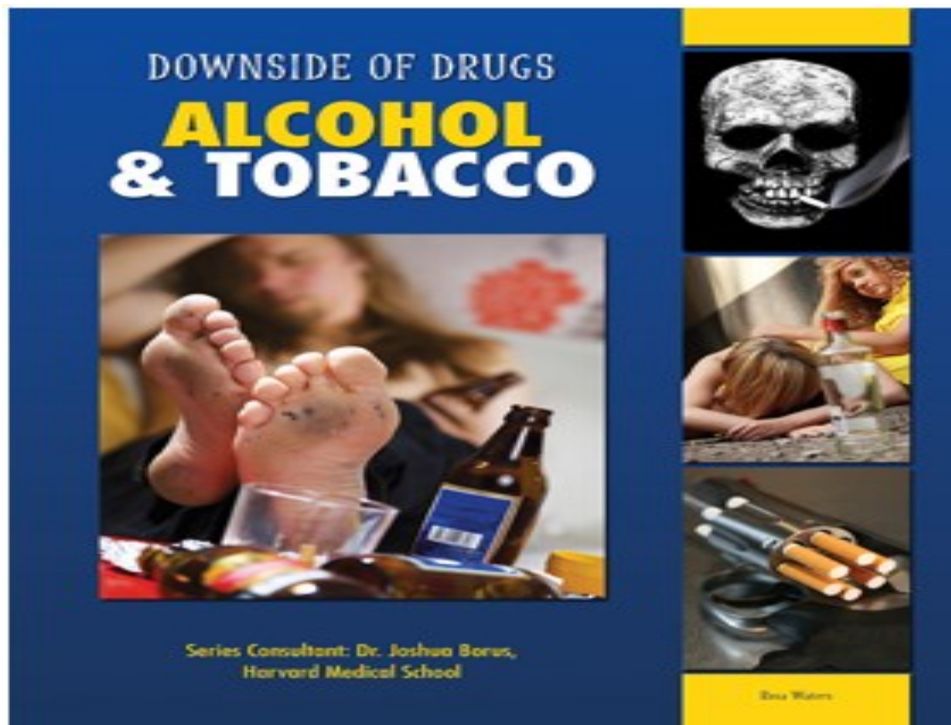
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Downside of Drugs

Grade Range: 6-8



Alcohol & Tobacco

Most young adults know that alcohol and tobacco aren't good for them—but they may not know the real-life consequences of using these harmful substances. From coughing to cancer, from alcohol poisoning to problems with your liver, alcohol and tobacco can cause serious damage to your health. Smoking and drinking also do damage to your relationships with others and can land you in trouble with the police. Find out more about the dangerous consequences of alcohol and tobacco use. Discover the downside of alcohol and tobacco!

ISBN: 978-1-4222-8803-0

Author: Rosa Waters

Format: Hosted eBook

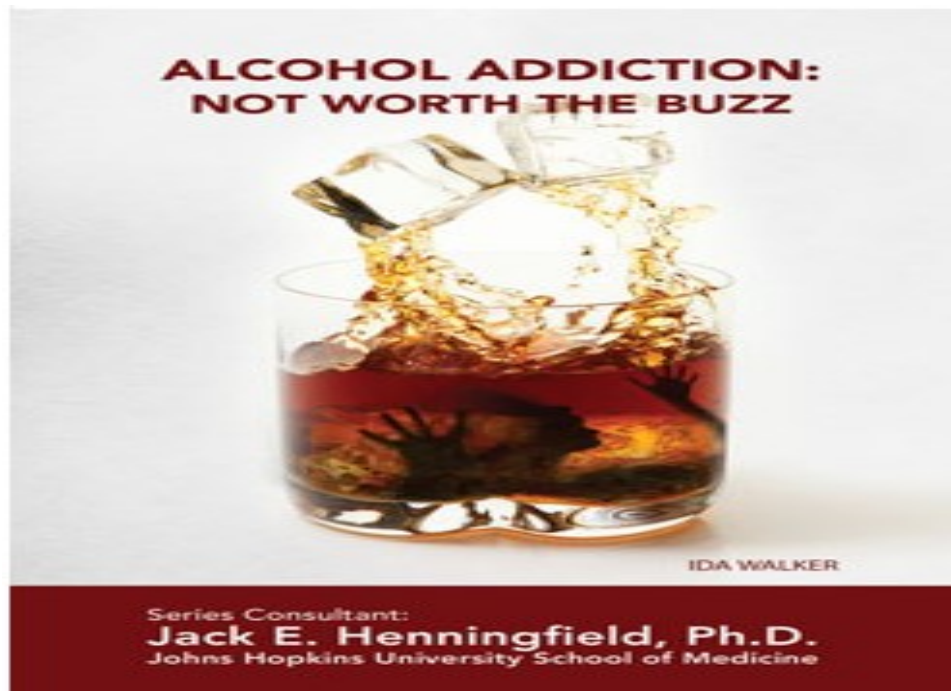
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Alcohol Addiction: Not Worth the Buzz

What's wrong with a beer now and then? Or a glass of wine with dinner? For most people—of legal age—there's absolutely nothing wrong with having an occasional drink. But for others, those with drinking problems, there's no such thing as an occasional drink. For them, one drink leads to another and another and another. . . . Alcohol Addiction: Not Worth the Buzz provides you with important information about alcohol addiction (alcoholism) and other drinking problems. You will learn about the history of alcohol use and early attempts to curb drinking, how alcohol affects the brain, and the effects it has on the body in the long and short term. This book also provides information on how individuals with alcohol problems can get help. Through first-person stories, you will learn how alcohol personally affected the lives of young people, and how they did not let alcohol addiction defeat them.

ISBN: 9781422292921

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 616.86

Grade Range: 6-8

YOUNG ADULT'S GUIDE TO THE SCIENCE OF HEALTH

JEAN FORD



ALLERGIES & ASTHMA

Series Consultants from
Harvard Medical School • Children's Hospital Boston
Dr. Carolyn Bridgeman • Introduction by Dr. Sara Forman

Allergies & Asthma

What do cats, dogs, peanuts, latex, mold, bee venom, pollen, and shellfish all have in common? They're all common allergens; they cause allergic reactions in many people. With so many potential triggers, it's no wonder allergies are a major cause of illness in North America. In fact, allergies affect about 20 percent of the entire population. That means for every five people you know, one probably itches or sneezes from something sometimes. That might include you. Asthma is one of the many illnesses allergies can cause. Since asthma and allergies are chronic conditions—in other words, they don't go away—they require constant management. The better informed you are, the better you will be able to live with allergies or asthma. This book will show you how to take control of allergies and asthma. The first step is to form a partnership with your doctor or other medical practitioner. Don't let allergies or asthma control your life. Get informed...take action...and breathe easy.

ISBN: 978-1-4222-9000-2

Author: Jean Ford

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 616.97'3

Grade Range: 6-8

Causes & Effects of Emotions



ANGER 😡

Series Consultant: Cindy Croft, M.A.Ed
Director of the Center for Inclusive Child Care at Concordia University

Anger

Anger is an emotional response to something that threatens your well-being in some way. Too much anger can damage your body. It can hurt your relationships with others, and it can make you unhappy and miserable. But anger can also be a powerful source of energy that pushes you toward a happier life. It's a signal that something is wrong. It tells you to pay attention—and then take action. So next time you feel angry, stop and pay attention—then use an anger-management tool to channel your angry feelings in positive ways. Let your anger empower you to change the world. Discover how inside this book!

ISBN: 978-1-4222-8761-3

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

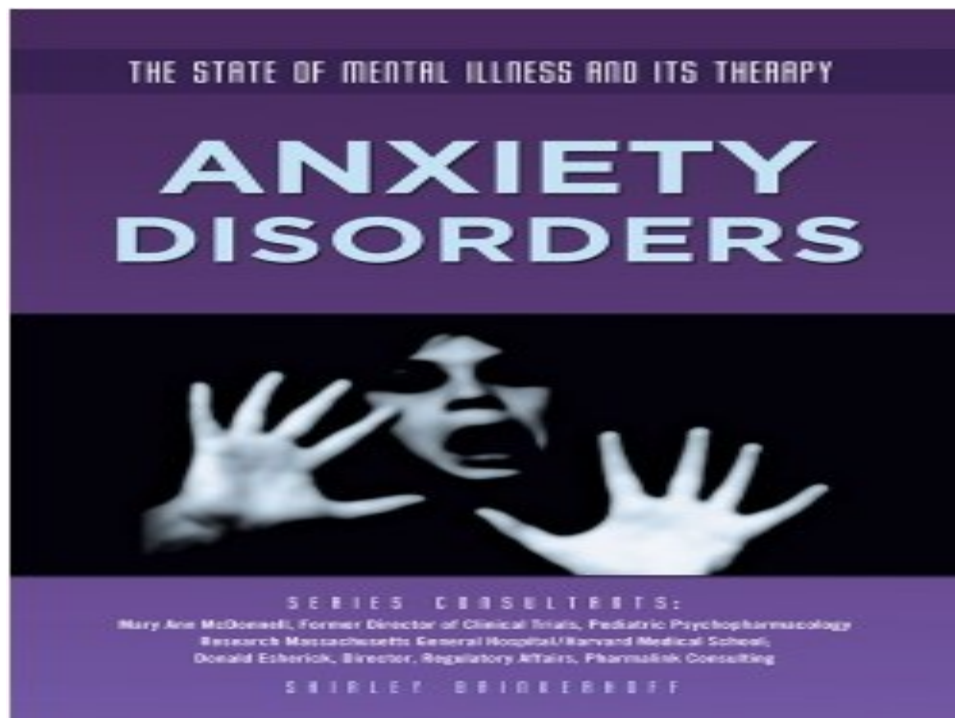
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Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'7

Grade Range: 6-8



Anxiety Disorders

When terrorists attacked the World Trade Center on September 11, 2001, Cassie McCauley watched in horror from her classroom on the New Jersey side of the Hudson River. Her heart pounded faster and faster as she saw billowing clouds of dark gray smoke pour from the landmark buildings. When the first tower collapsed, she began feeling light-headed. By the time the second tower fell in on itself, Cassie was so nauseated and dizzy she had to sit down. Along with millions of people across North America and around the world, Cassie grieved for the families who lost relatives and friends. But she never anticipated the changes September 11 would cause in her own life. Soon she found herself unable to go to school and barely able to function. Cassie was experiencing an anxiety disorder. Anxiety disorders are the most common psychiatric illnesses in North America. Estimates are that at least one of every twenty Americans will suffer from an anxiety disorder at some time. These disorders can happen for many reasons. As in Cassie's case, they can be triggered by traumatic and devastating events. In other cases, they can appear seemingly without reason. Nearly everyone at one time or another experiences anxious feelings, so some people assume that an anxiety disorder is not a serious condition. In *Anxiety Disorders*, however, you will learn how serious anxiety disorders can be. Through Cassie's story, and the stories of other people like her, you will explore the many different forms of anxiety disorders, the impacts they have on people's lives, and the treatments available to help. Discover just how prevalent anxiety disorders are and learn about the new ways doctors are fighting these all-too common forms of mental illness.

ISBN: 978-1-4222-8982-2

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights, Inc.

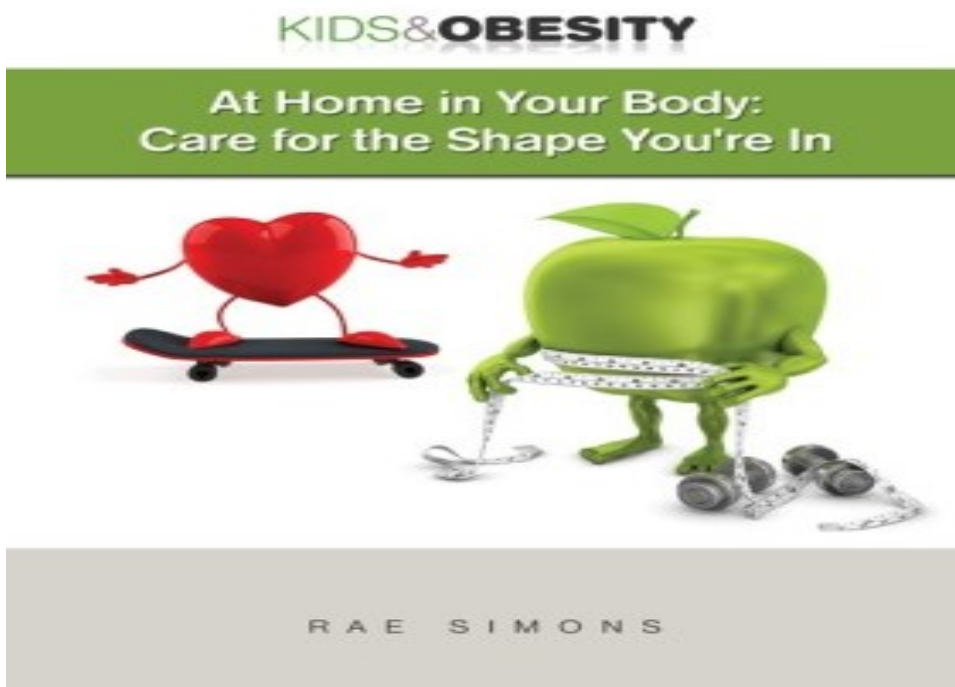
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85/220651

Grade Range: 6-8



At Home in Your Body: Care for the Shape You're In

ISBN: 9781422296189

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

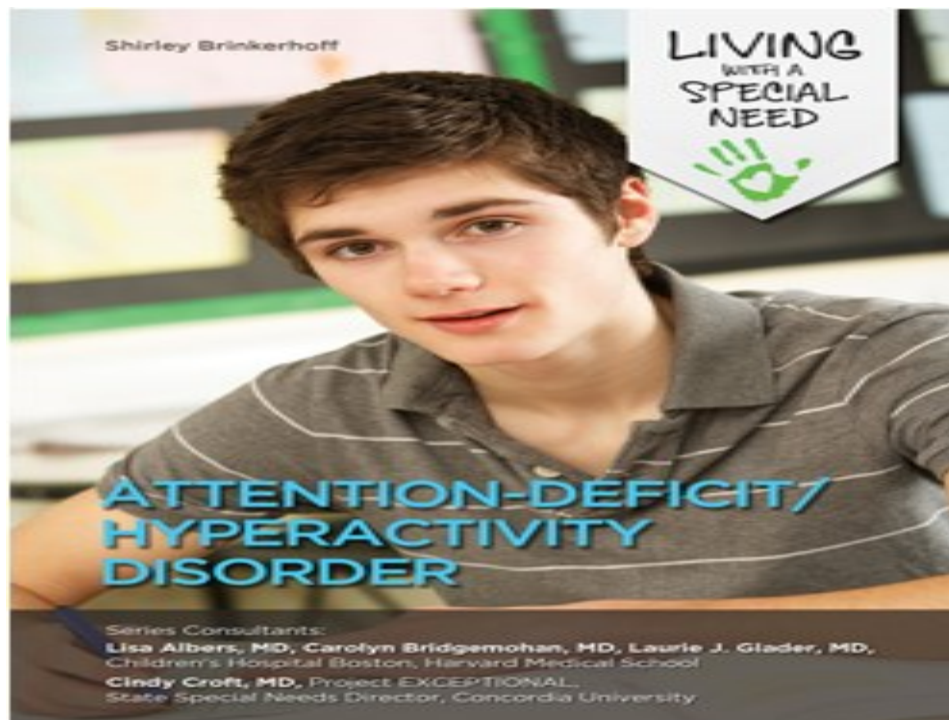
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 613.0

Grade Range: 6-8



Attention-Deficit/Hyperactivity Disorder

ADHD is a common condition in which kids are too energetic and have problems concentrating on one task. All too often, students with ADHD are simply thought to be “problem students,” students who aren’t trying hard enough or have discipline problems. Today, though, more and more people are becoming aware that ADHD is a serious medical condition, and there are medications and therapies that can help those who have it. As you read Connor’s story in this book, you’ll find out what it’s like to live with ADHD. You’ll see some of the challenges he faces as a result of his condition—and you’ll discover what schools and families are doing to help kids like Connor live with their disabilities.

ISBN: 978-1-4222-8813-9

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 618.92'8589

Grade Range: 6-8



Autism

Children with autism have difficulty relating to others. Autism spectrum disorder is one of the most common special needs facing children, but even experts still don’t fully understand it. Some children with the condition are very intelligent, while many others have intellectual disabilities. Each child with an autism spectrum disorder is different, but all struggle to live in a world that doesn’t understand them. In this book, you’ll read the story of Livie and her little brother Tucker, who has autism. As Tucker tries to navigate a world he can’t comprehend, he faces many challenges—and Livie and her parents face challenges of their own as they try to help Tucker. You’ll find out more about what it’s like to live in a family with someone who has this disorder—and you’ll get a glimpse into what it means to have autism.

ISBN: 978-1-4222-8814-6

Author: Sherry Bonnice

Format: Hosted eBook

Publisher: National Highlights Inc.

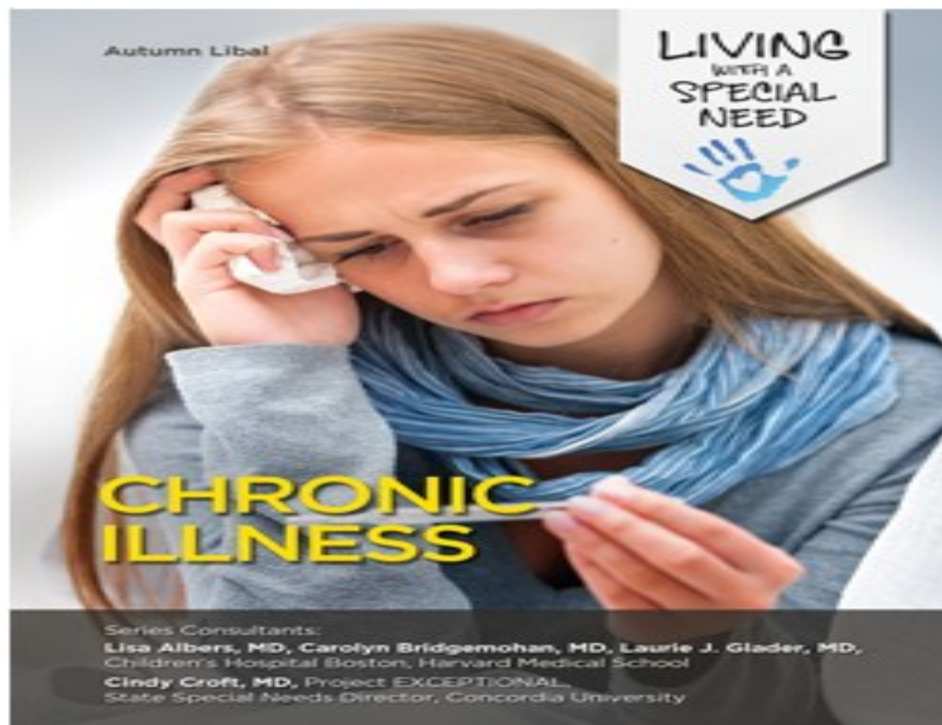
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 618.92'85882

Grade Range: 6-8



Chronic Illness

Not every sickness goes away in a few days or weeks. Unfortunately, some can last for months, years, or even the rest of a person's life. When this happens, it is called a chronic illness. It can cause many difficulties in people's lives, besides the illness itself. With some determination and help from friends and professionals, though, people with chronic illnesses can learn to face these challenges. Every young person faces challenges as they grow up, but those who have chronic illnesses have additional hardships. In this book, as you read Kayla's story, you'll learn about some of the difficulties these teenagers must overcome, and you'll discover some of the treatments and support systems that help them. Kids like Kayla have a tough time—but their lives can also be filled with hope!

ISBN: 978-1-4222-8817-7

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

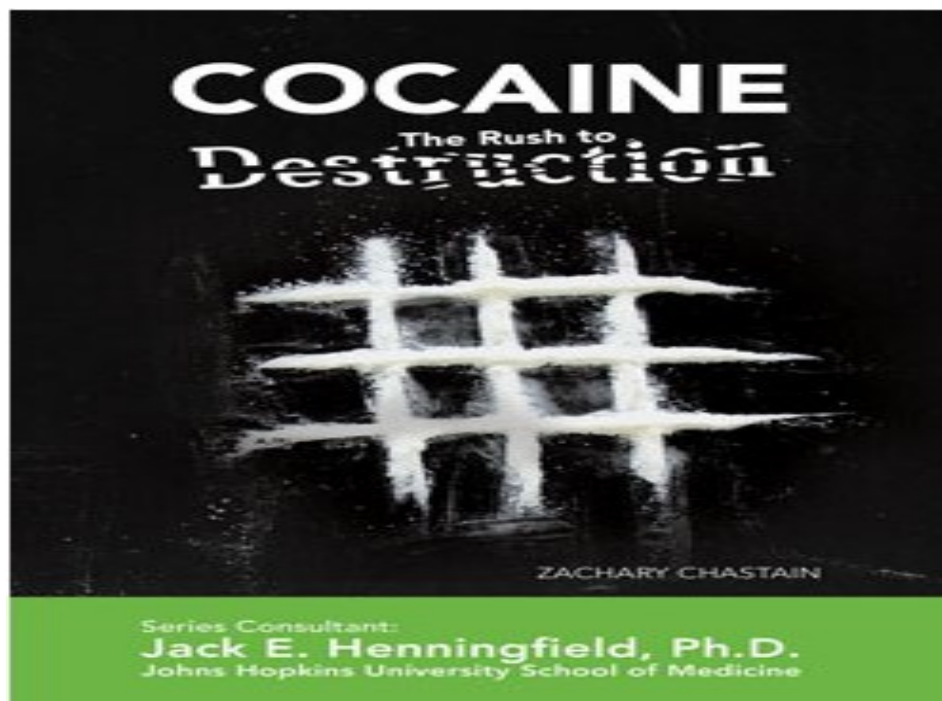
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 618.92'044

Grade Range: 6-8



Cocaine: The Rush to Destruction

Blow, snow, crack . . . Whatever you call it, cocaine is a big problem in the United States and Canada. More than a million individuals in the United States can be classified as being addicted to cocaine. Cocaine: The Rush to Destruction tells the story of cocaine, its history and role in medicine, religion, and even soda production. Learn about the biology behind the highs—and lows—of the drug's use. You will also discover the long- and short-term effects of cocaine abuse and addiction, and you'll get information on kicking the cocaine habit. First-person stories of individuals with cocaine addiction—and some who are fighting the addiction—provide cautionary tales as well as stories of hope.

ISBN: 9781422292938

Author: Zachary Chastain

Format: Hosted eBook

Publisher: National Highlights Inc

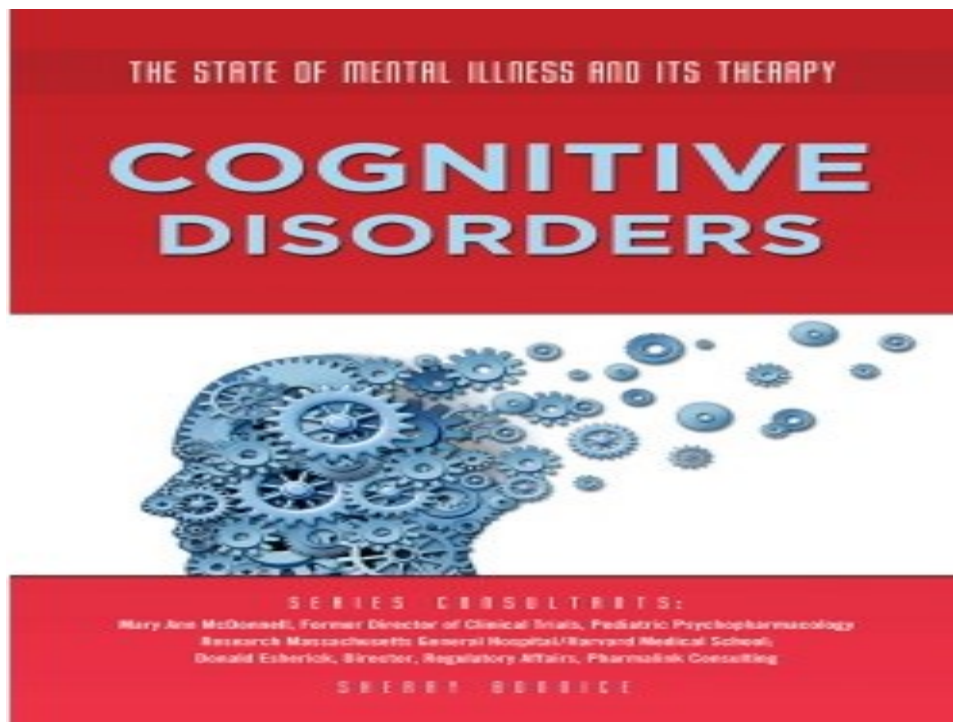
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Cognitive Disorders

Imagine what it would be like to look at the faces of your family members and friends and not know who they are. How would it feel to wake up each morning and find that another piece of your mind had slipped away? What would you do if you could not remember the simplest things, like whether you should get out of bed in the mornings or how to brush your hair? Cognitive disorders like Alzheimer's disease and other forms of dementia are devastating, not only to the individuals who suffer from them, but to those individuals' families and friends as well. These disorders have become serious topics of research and discussion. Helping patients, caretakers, families, and friends understand what can be done to ease the symptoms of cognitive disorders is a very important part of care. In this book, you will learn about cognitive disorders, what it is like to have them, and how they can be treated. Along the way, you will read about drugs that can help with symptoms like depression, panic, and hallucinations, all of which can be caused by cognitive disorders. In addition, you will learn about some alternative treatments for cognitive disorders and the possible risks and side effects that accompany different forms of treatment. Coauthored by someone who has experience first-hand the early stages of Alzheimer's, this book will give you an up-close view of what can be done to help individuals with these often-devastating forms of mental illness.

ISBN: 978-1-4222-8984-6

Author: Sherry Bonnie

Format: Hosted eBook

Publisher: National Highlights Inc

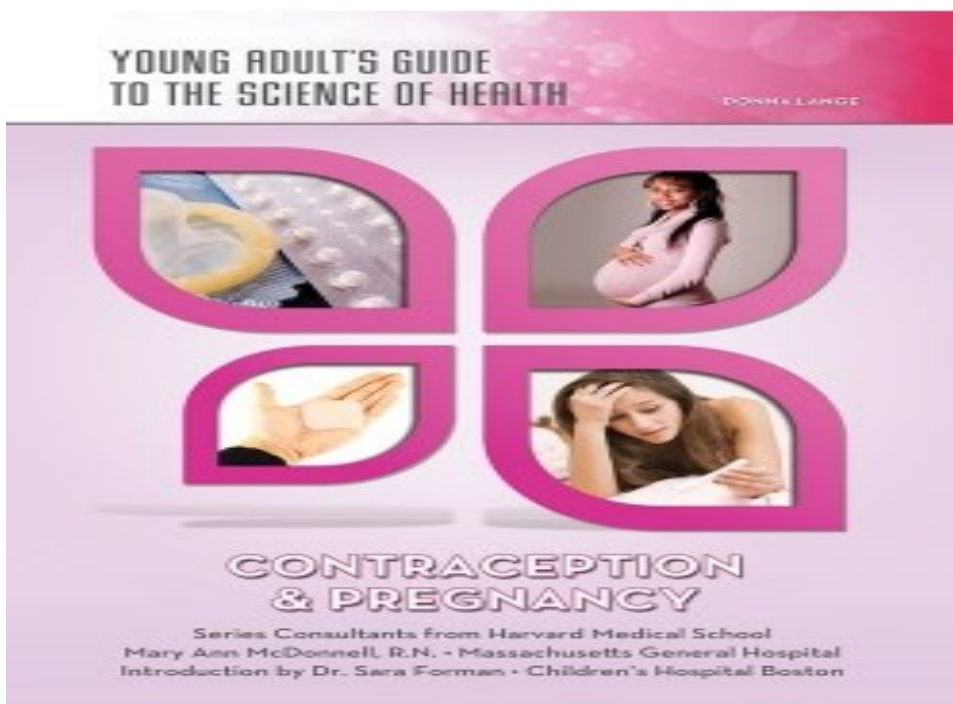
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.8'0461

Grade Range: 6-8



Contraception & Pregnancy

You're not a little kid anymore. As a young adult, you have important decisions to make. Your growing independence and your developing sexuality are part of the thrill and joy of being a teen—but these factors also mean you have to take responsibility for your own life. Your parents can't do it all for you. Some teenagers choose to have sex—and others wait. Some teens who opt for sex will also opt for contraception—but others will not. Others will get pregnant even while using contraception. Once pregnant, teens have still more difficult decisions to make about abortion, adoption, and parenthood. These are all life-changing decisions. This book will give you the facts you need to make thoughtful and informed choices in this important area of your life. At whatever level you're at right now—whether you're exploring the basic facts about sexuality, choosing whether to have sex now or wait, deciding on a form of birth control that's right for you, or needing to learn more about pregnancy and the decisions it involves—each chapter offers you the information you need in an easy-to-read package. Then it's up to you to take responsibility.

ISBN: 978-1-4222-9001-9

Author: Donna Lange

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 618.1'8

Grade Range: 6-8

KIDS&OBESITY

Cookies or Carrots? You Are What You Eat



HELEN THOMPSON

Cookies or Carrots? You Are What You Eat

ISBN: 9781422296264

Author: Helen Thompson

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 613.2

Grade Range: 6-8

DOWNSIDE OF DRUGS DANGEROUS DEPRESSANTS & SEDATIVES



Series Consultant: Dr. Joshua Borus,
Harvard Medical School



Dangerous Depressants & Sedatives

Depressants and sedatives can be very dangerous even when prescribed by a doctor. These drugs can hurt your body and brain, and they can land you in trouble with the police. They're even more dangerous because they're so addictive. Find out the true risks of taking these drugs. Discover the downside of depressants and sedatives!

ISBN: 978-1-4222-8805-4

Author: Celicia Scott

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Discrimination & Prejudice

Around the world, many people face discrimination because of the shapes of their bodies, their weight, or the way they look. People who would never discriminate against others because of skin color or some physical challenge often think it's perfectly okay to judge others based on weight. Many of us don't think twice about judging other people's appearance—but most of us also know the pain of feeling bad about the way we look. Learn about the ways in which our culture discriminates against people who are overweight and obese. Discover the harmful effects of judgment and stigmatization when it comes to weight. Understand the myths that surround the causes and solutions for obesity—and get to know the facts. Find out the true costs of body-hate!

ISBN: 978-1-4222-8841-2

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

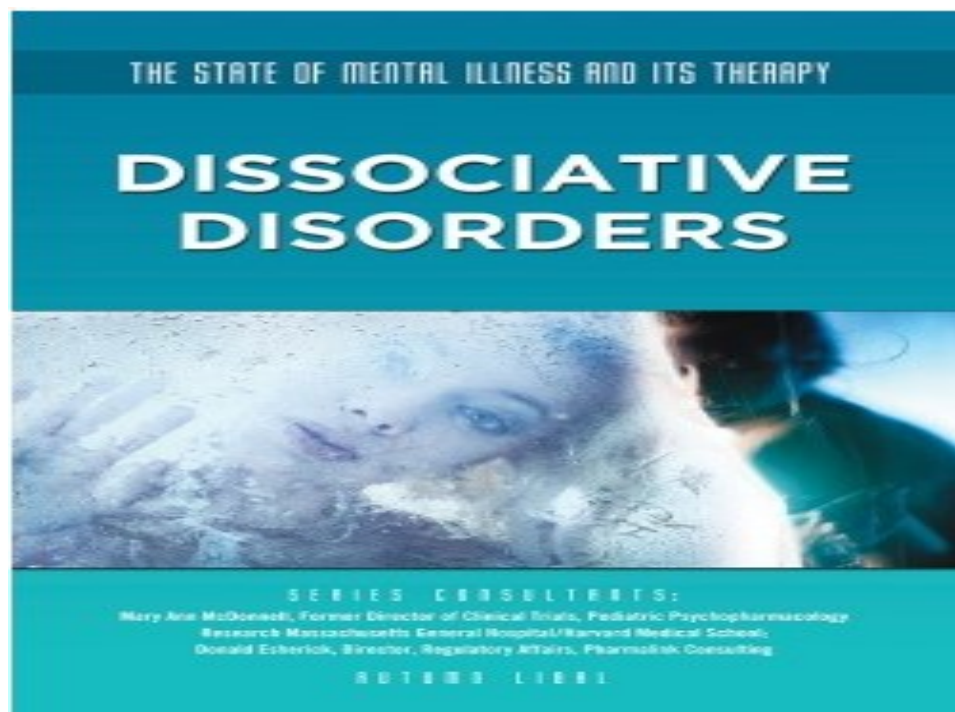
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 362.196/398/00973

Grade Range: 6-8



Dissociative Disorders

Janet's brain felt foggy and numb. She imagined herself kneeling on a great frozen lake, and she pressed her face against the ice, trying to see through the cloudy surface to the open water below. In fact, she didn't feel any physical sensation at all, just an internal panic. Janet didn't understand these feelings. She just knew that in her frightening daydreams, she was lost above the ice and the knowledge that could save her was trapped in the dark water below. Soon, Janet was forgetting things, missing school, and losing sleep. She'd find notes that she'd written to herself but couldn't remember writing. They said things like, "Janet! Help me!" and "Who are you?" Scariest of all, she began hearing voices in her head that did not sound like her own. When she imagined herself looking down through the barren ice, she thought she saw a little girl looking back at her. Janet was sure the little girl's name was Sara... Have you ever daydreamed, "lost track of time" when you were having fun, or "tuned out" when your parents were scolding you? If so, you were experiencing dissociation. Janet's dissociation, however, is much more severe. She is suffering from dissociative identity disorder. Different parts of her personality have become so separate that they are beginning to seem like different people. A dissociative disorder like Janet's requires medical intervention. Janet's story, and stories like hers, can teach us a lot about how our minds work and how they can be treated. Read Dissociative Disorders and learn more about these psychiatric disorders and the help available for people like Janet.

ISBN: 978-1-4222-8985-3

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'23061

Grade Range: 6-8

KIDS & OBESITY

Does Television Make You Fat? Lifestyle and Obesity



RAE SIMONS

Does Television Make You Fat? Lifestyle and Obesity

ISBN: 9781422296219

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 362.196

Grade Range: 6-8

DOWNSIDE OF DRUGS **DOPING** HUMAN GROWTH HORMONE, STERIODS, & OTHER PERFORMANCE-ENHANCING DRUGS



Series Consultant: Dr. Joshua Borus,
Harvard Medical School



Celicia Scott

Doping: Human Growth Hormone, Steroids, & Other Performance-Enhancing Drugs

You may have heard of famous sports stars being caught doping—using drugs to hit harder, cycle faster, or run faster. But you may not know why these drugs are so dangerous. From scary changes in your body and behavior, to problems with the law, performance-enhancing drugs bring with them serious consequences. Learn about the ways steroids, human growth hormone, and other drugs damage and change your body. Find out how these drugs can ruin your life and keep you from participating in the activities you love. Discover the downside of doping!

ISBN: 978-1-4222-8806-1

Author: Celicia Scott

Format: Hosted eBook

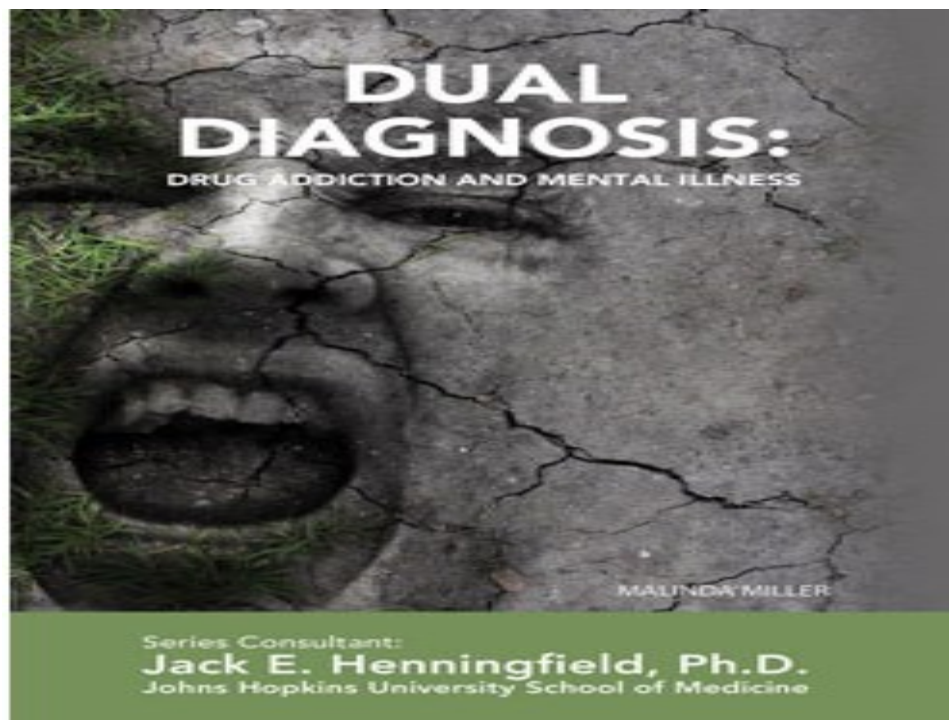
Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Dual Diagnosis: Drug Addiction and Mental Illness

Having a drug addiction is hard enough. So is having a mental illness such as schizophrenia, depression, or an anxiety disorder. Imagine having them both. You'll find out what that's like in *Dual Diagnosis: Drug Addiction and Mental Illness*. Many people suffer from both an addiction to a drug and another mental illness, making everyday life almost impossible. *Dual Diagnosis* explores ways to deal with dangerous addictions on top of mental illness. The book covers what addictions and mental illnesses are, diagnosis, and multiple treatment options. You'll also read inspirational stories about people who have suffered with—and overcome—dual diagnosis.

ISBN: 978-1-4222-9294-5

Author: Malinda Miller

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 616.86

Grade Range: 6-8

KIDS&OBESITY

I Eat When I'm Sad: Food and Feelings



RAE SIMONS

Eat When I'm Sad: Food and Feelings

ISBN: 9781422296196

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

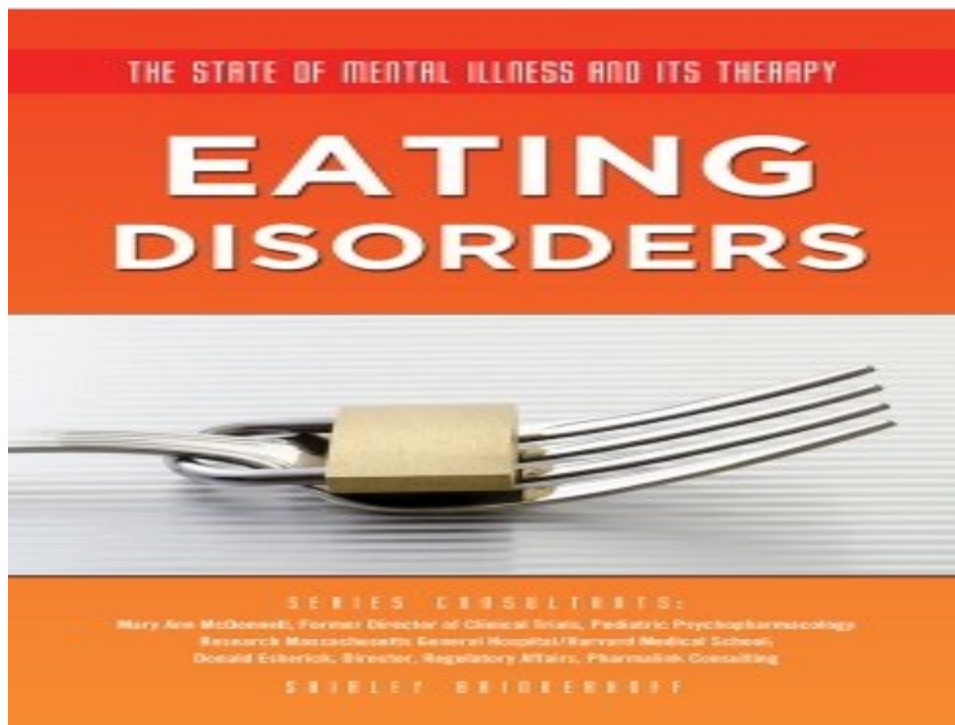
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 616.85

Grade Range: 6-8



Eating Disorders

A high school student allows herself to eat less than six hundred calories a day. Months go by as her body withers. Her friends and family are aghast at her emaciated appearance. Nevertheless, she still agonizes over being "too fat." A college student regularly downs six or seven thousand calories in a single hour. Then she makes herself throw up before her body can digest the massive amount of food. Eating disorders like these affect five million people each year in America alone, and many more millions in other countries. Ninety percent of those who have eating disorders are females. More than ten percent of the people hospitalized with anorexia nervosa will die as a result of the disease. Eating Disorders tells the stories of two young women who struggle with anorexia and bulimia and how they found help. Although eating disorders are among the most difficult of psychiatric illnesses to treat, new advances in care are being made. Many individuals with eating disorders are helped by concerned health professionals and by treatment programs that use the latest medical, behavioral, and pharmacological therapies. In this book, you will learn about eating disorders, the devastating effects they can have, and the treatments that can bring hope back to sufferers' emaciated lives.

ISBN: 978-1-4222-8986-0

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights, Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'26061

Grade Range: 6-8



Eating Out: How to Order in Restaurants

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? How do you pick what to eat when you're looking at a menu in a restaurant? Learn how to enjoy eating out while eating healthy. Discover which kinds of restaurants are the healthiest, what to order off the menu, and how to figure out which foods will keep you strong and happy.

ISBN: 978-1-4222-8939-6

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

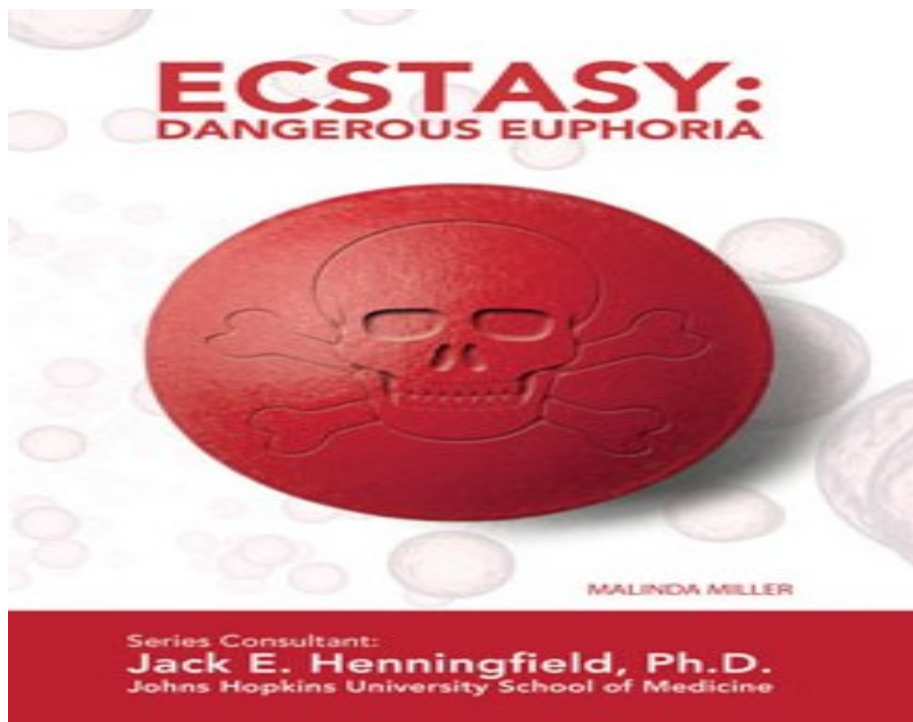
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 642'.5

Grade Range: 6-8



Ecstasy: Dangerous Euphoria

Ecstasy—or MDMA as scientists know it—is a growing trend in North America and around the world. Researchers are looking into the possibility that ecstasy could help patients with anxiety disorders. Meanwhile, thousands of young people are abusing ecstasy to get a high. It's especially popular at parties and raves, where it can be most dangerous, though its use is growing outside of this setting. Ecstasy: Dangerous Euphoria provides information on what ecstasy is, where it comes from, and who becomes addicted. Read on to find out important information about ecstasy abuse and its affect on the brain and body. You'll also learn about how to fight ecstasy addiction and how to lead a clean life.

ISBN: 9781422292952

Author: Malinda Miller

Format: Hosted eBook

Publisher: National Highlights Inc

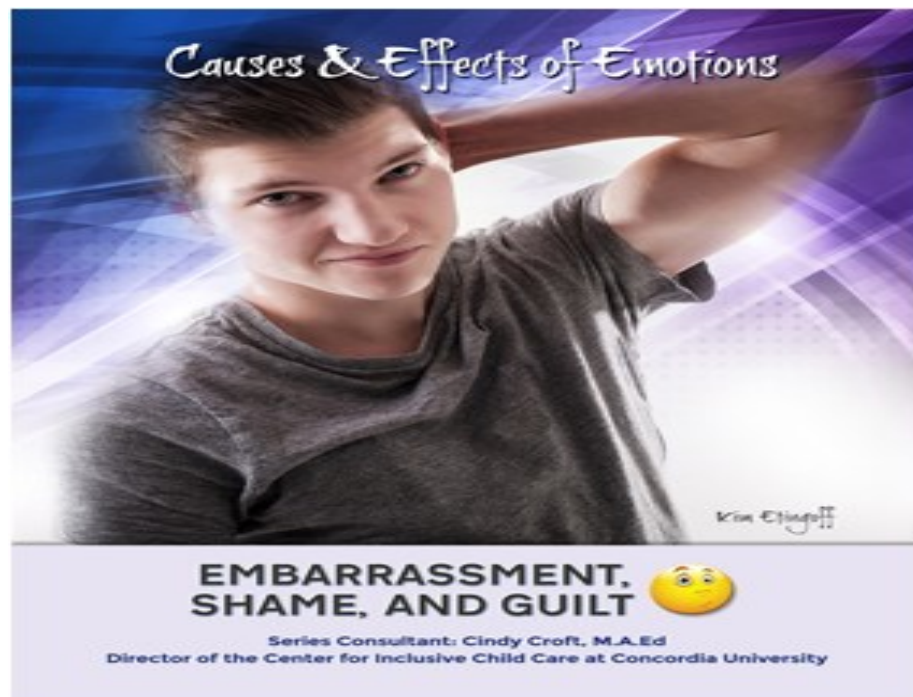
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Embarrassment, Shame, and Guilt

What can embarrassment, shame, and guilt teach you? These are all normal, human emotions. We've all felt them at one time or another. We feel embarrassment when we're uncomfortable about something we've done in front of other people. Shame is worse; it's what makes us feel like we are bad or worthless people. Guilt is the emotion we feel when we feel sorry that we did something specific, like telling a lie or hurting a friend. These emotions are no fun to feel—but they can help you understand both yourself and the world around you a little better. The more you learn about these feelings, the better you'll be able to handle life. Find out more inside this book!

ISBN: 978-1-4222-8762-0

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc.

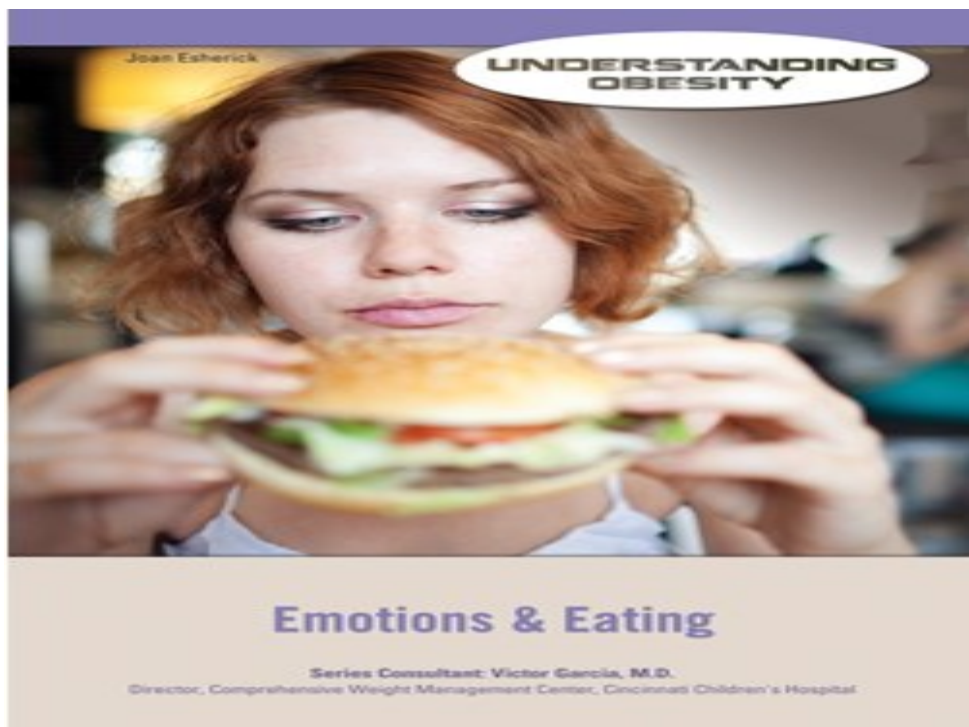
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Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'4

Grade Range: 6-8



Emotions & Eating

We all need to eat. Food is a basic life necessity, but it can mean so much more to us than merely taking in enough food to keep hunger at bay. We eat when we're sad, happy, bored, lonely, excited, and for many other reasons. Many people have complicated relationships with food and their emotions. For many of us, eating is a way to escape painful feelings. For others, no good feeling can go without a celebratory meal—and maybe even some overeating. But all this emotional eating can lead to serious health consequences, including obesity—the state of being very overweight. Learn more about why people's emotions push them to eat the way they do, and discover how people develop unhealthy emotional relationships with food. When you understand the risks of eating because of your emotions, you'll be able to understand your body's needs better—and you'll know how to stick with healthy eating, no matter how you're feeling.

ISBN: 978-1-4222-8842-9

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc.

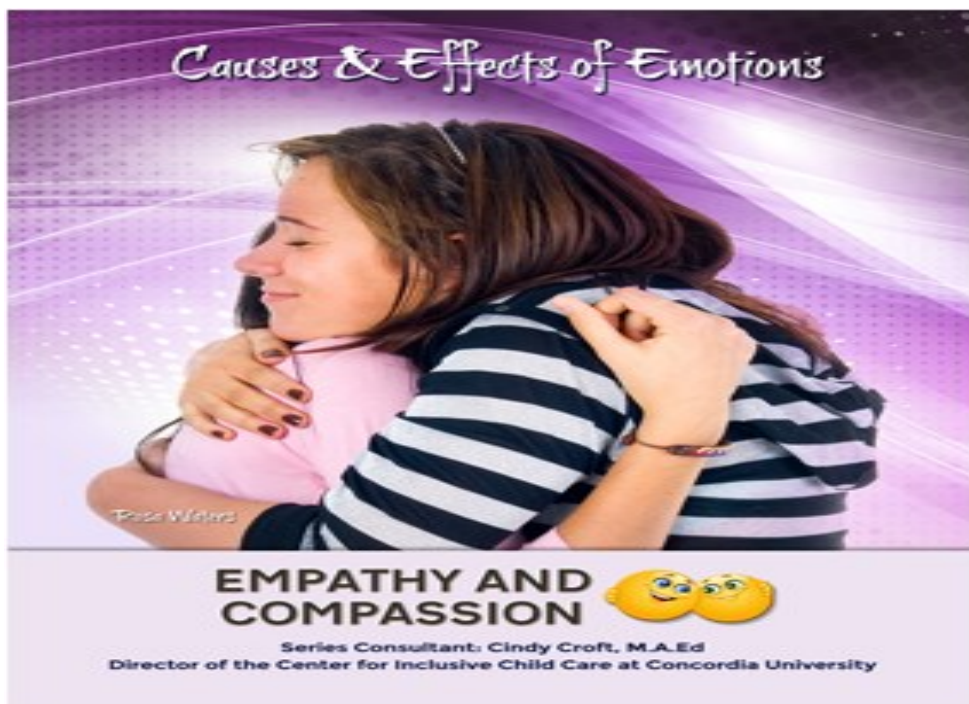
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.85/26

Grade Range: 6-8



Empathy and Compassion

Become a more compassionate person—and make the world a better place. Empathy is the ability to sense other people's emotions. People with empathy are able to imagine what someone else might be thinking or feeling. They recognize and understand another's suffering. People who are compassionate, go a step further: they take action. Compassion changes the world. And it can change you as well. When you reach out to others, you not only help them; you also increase your own well-being. Researchers have found that connecting with others in a meaningful way makes you healthier, both mentally and physically. Compassion may even make you live longer. Discover ways to build your empathy and compassion!

ISBN: 978-1-4222-8764-4

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'1

Grade Range: 6-8



Envy and Jealousy

Stop making yourself miserable! Envy and jealousy are both unpleasant emotions. We feel rotten when we have these feelings. But they're also perfectly normal human emotions. We all feel envious and jealous sometimes. Scientists tell us that all our emotions trigger responses inside our bodies and minds. We can learn a lot from those responses. Envy and jealousy could be signs that we need to pay attention to something that's going on in our lives. We may need to make some changes. We don't have to let these feelings control us and make us miserable! Instead, we can learn from them—and take action. Find out how inside this book!

ISBN: 978-1-4222-8765-1

Author: Z.B. Hill

Format: Hosted eBook

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Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'8

Grade Range: 6-8



Exercise for Fitness & Weight Loss

Today, obesity—the state of being very overweight—is a problem that gets worse each year, particularly as many people spend less time exercising and more time on the couch or sitting at a computer. The health risks caused by excess weight and obesity are numerous and can be deadly. While we're learning more and more about the harmful consequences of excess weight, many people still have a hard time slimming down. Real, healthy weight loss can seem like a mystery. Explore the causes of the weight epidemic and the health risks that stem from excess weight. Discover the part that physical fitness plays in today's obesity crisis. Learn how fitness—not just slimness—should be the goal of those trying to lose weight. Make physical activity a part of your life!

ISBN: 978-1-4222-8843-6

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 613.7/1

Grade Range: 6-8



Fast Food & the Obesity Epidemic

Obesity—the state of being very overweight—is more than a problem in the world today; it's a crisis. One out of every three adults is obese. Childhood obesity is a major health concern as well. Experts agree that fast food is one of the most significant factors behind bigger bodies. For many people, fast food has become more than a quick way to grab a meal; it has become a way of life. Learn how fast food and the fast-food industry have shaped not only our bodies but also our lifestyles. Discover how to fight the fast-food industry's hold over the world's diet.

ISBN: 978-1-4222-8844-3

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

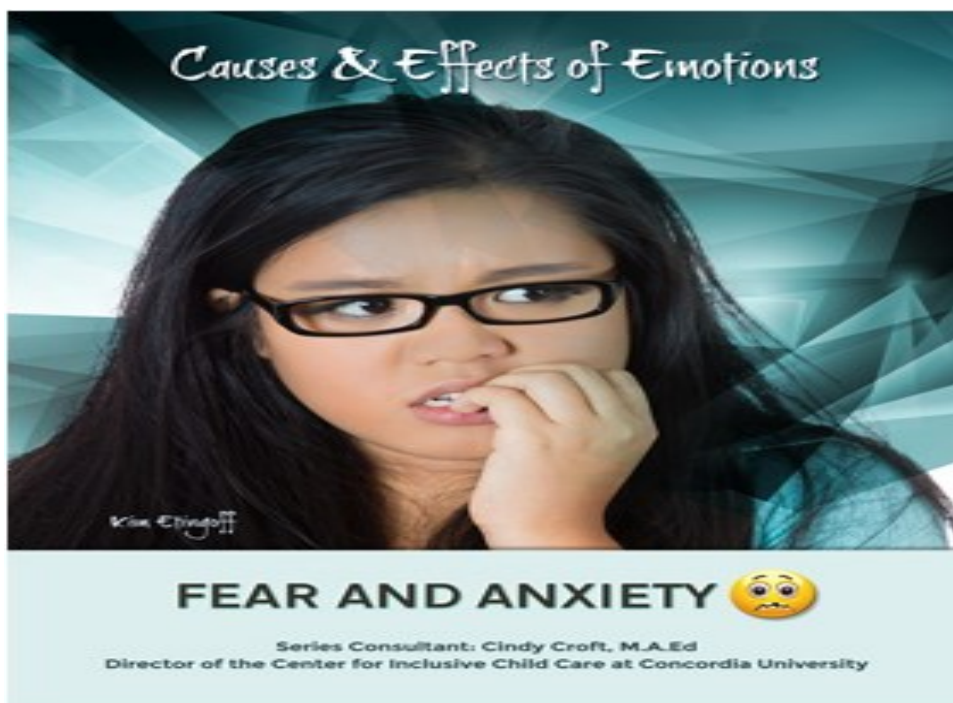
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.3/98

Grade Range: 6-8



Fear and Anxiety

What makes you anxious? Both fear and anxiety are normal, human emotions. Small doses of them help people stay safe, healthy, and happy, although bigger doses can get in the way of normal daily activities and happiness. Healthy amounts of fear and anxiety are just two of the many, many emotions we all have every day. The more you know about fear and anxiety, the more you'll be able to understand why you feel the way you do. You can begin to learn how to deal with your feelings when they start to get out of control. Understanding your emotions is a lifelong job. Find out how to get started by reading this book!

ISBN: 978-1-4222-8766-8

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc.

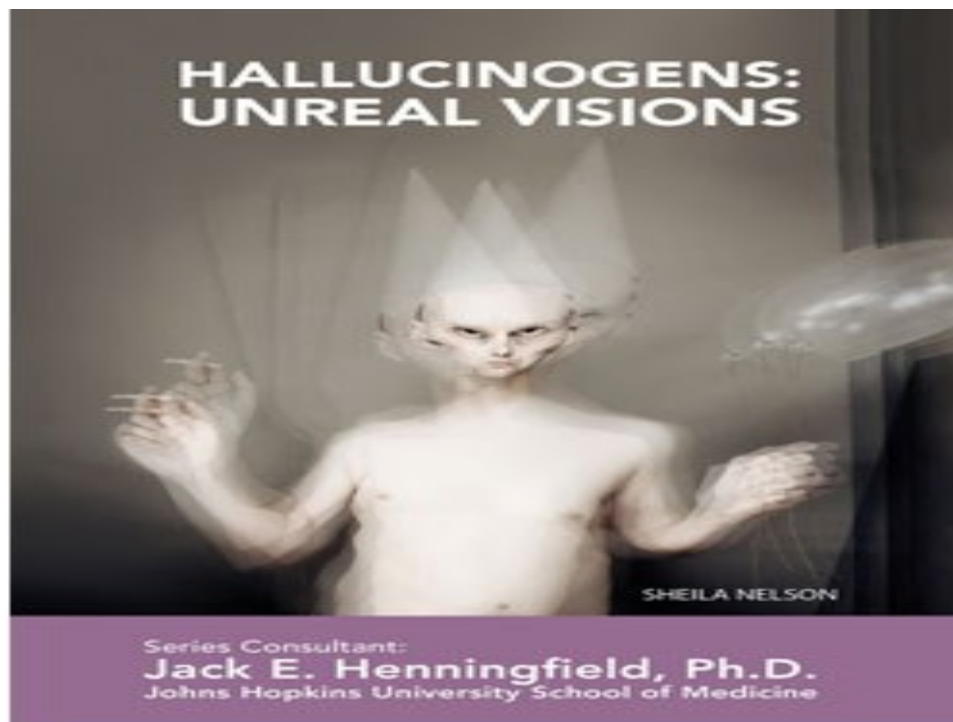
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'6

Grade Range: 6-8



Hallucinogens: Unreal Visions

Seeing things that aren't really there, thinking thoughts you would never normally have thought—hallucinogenic drugs work on the body by altering the way a person thinks, feels, or experiences reality. Some of these drugs are found in nature, while others are created in laboratories. All of them can have dangerous short-term and long-term effects. *Hallucinogens: Unreal Visions* tells the long history of these drugs. Because of the effects hallucinogens have on perceptions, people have often believed these drugs were showing them deeper meanings about the world or helping them connect with gods or their own unconscious minds. Hallucinogens, however, can be extremely dangerous. While legitimate medical or therapeutic uses may be found for these drugs in the future, taking them with friends or alone could be extremely dangerous or even deadly. This book will tell you more.

ISBN: 9781422292969

Author: Sheila Nelson

Format: Hosted eBook

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Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 362.29

Grade Range: 6-8



Happiness

Get ready to be happy! Things that happen outside you can trigger feelings of happiness. When that happens, it changes something inside your body. Those inside changes are what create the happy feeling you experience. Happiness is a good teacher. You can learn a lot from it. You can also learn to control it. When you're not feeling happy, it's easy to blame the world around you. You probably feel as though there's nothing you can do to change the situation. But that's not what scientists say. Research shows you have a lot to say about how happy you are. Discover how!

ISBN: 978-1-4222-8767-5

Author: Z.B. Hill

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4'2

Grade Range: 6-8



Health Issues Caused by Obesity

Today, more and more people around the world are overweight. The health risks associated with obesity can be life threatening and should be taken seriously. Excess weight increases the risk for a host of diseases and conditions, including heart disease, hypertension, diabetes, osteoarthritis, and respiratory problems. Even children are suffering the consequences of excess weight and obesity. Learn about the various health risks associated with our expanding bodies and how obesity can cause many different health problems throughout life. Discover the true cost of obesity, both to those who face the condition and to our society as a whole.

ISBN: 978-1-4222-8845-0

Author: Jean Ford

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.3/98

Grade Range: 6-8



Healthy Alternatives to Sweets & Snacks

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What about snacks? In between meals, when you're hungry, what do you reach for? Junk food makes a fast and easy snack—but it won't give your body what it needs. Discover what healthy snacking looks like. Learn why we snack, when snacking is a good idea, and identify the best snacks to pick when hunger strikes.

ISBN: 978-1-4222-8940-2

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 641.5'622

Grade Range: 6-8



Healthy Fast Foods

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What about fast food? From burgers to fries to milkshakes, fast food can be a delicious treat—but it can also cause problems if you don't make healthy choices. Choosing the right restaurants and the right food can make eating fast food as healthy as it is delicious and easy! Discover how to make better choices when it comes to fast food.

ISBN: 978-1-4222-8941-9

Author: Kim Etingoff

Format: Hosted eBook

Publisher: National Highlights Inc

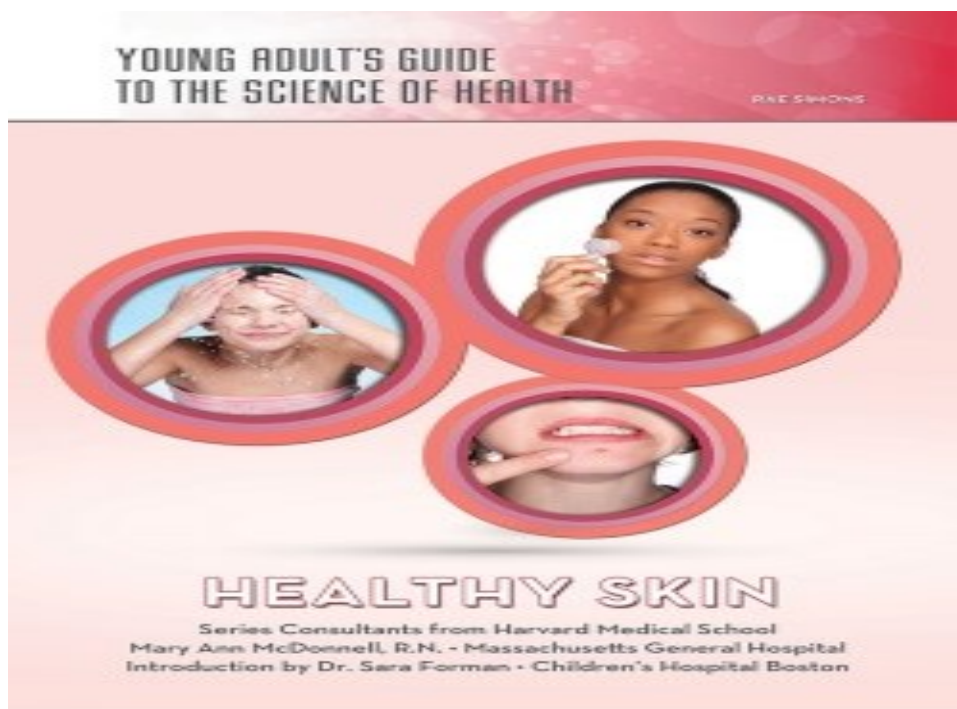
Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 642'.1

Grade Range: 6-8



Healthy Skin

Guess what? The body you have now is the only one you'll ever get. That means the same body you have now is the one you'll have when you're thirty—and fifty—and seventy. If you want to keep your body well and strong for a long time, you'll need to take care of it...and keeping your skin healthy is an important way to protect yourself against infection, disease, and aging. Your skin is the interface between your body and the rest of the world. Its nerve endings bring you important messages; it protects your delicate internal organs; and it forms a barrier against harmful substances. What's more, your skin performs functions that are essential to your entire health. And all the while, it's right out there where everyone can see it. Short of hiding inside a big paper bag, there's not much you can do to keep the health of your skin a secret. This book will give you information you need to for your skin ...by practicing good hygiene that will guard your skin against diseases and infection. ...by protecting yourself from the sun's damaging rays. ...by helping you cope with acne and other skin disorders. If you take care of your skin, you'll be taking care of yourself—for the rest of your life!

ISBN: 978-1-4222-9008-8

Author: Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

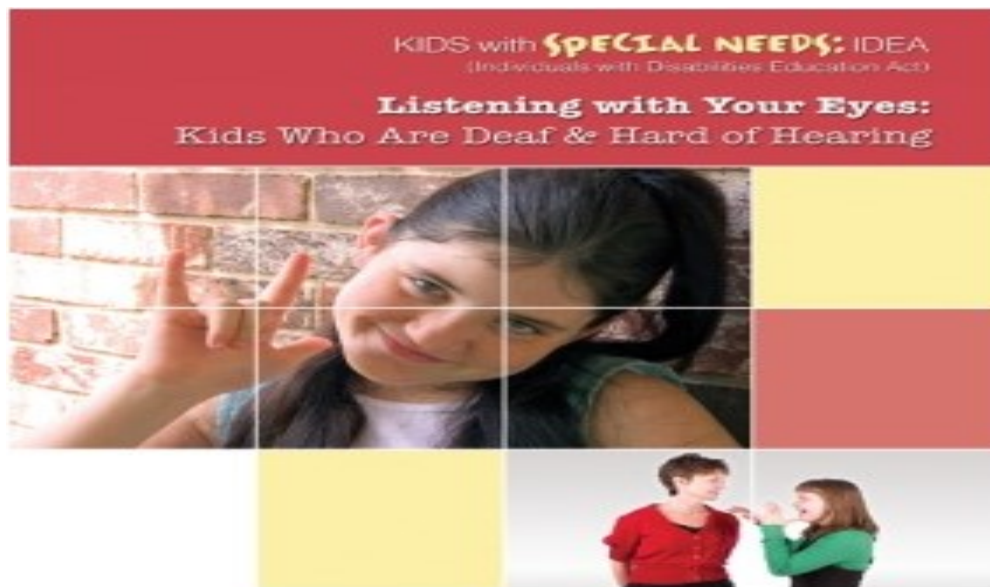
Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 617.4'77

Grade Range: 6-8



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

Listening with Your Eyes: Kids Who Are Deaf and Hard of Hearing

ISBN: 9781422296035

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

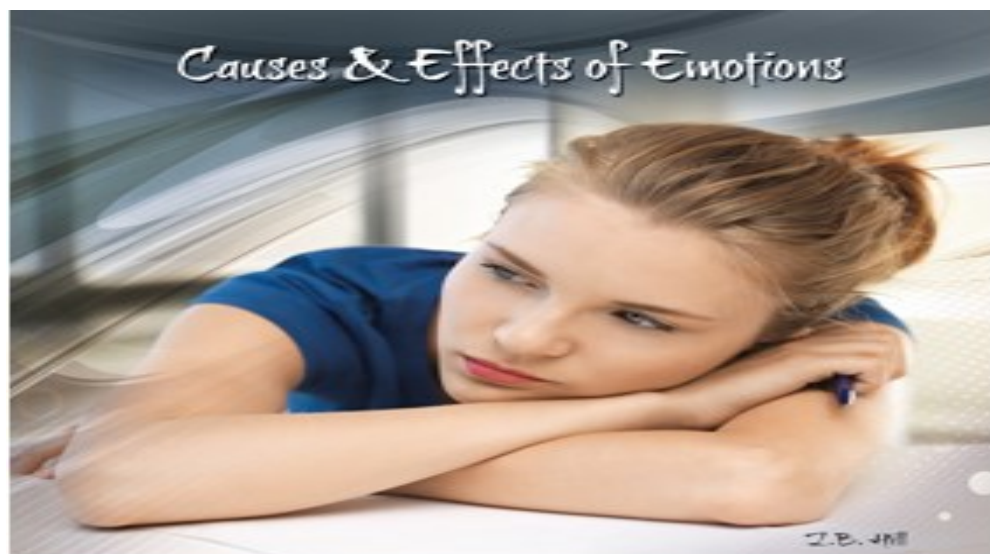
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 362.4

Grade Range: 6-8



LONELINESS 🙄

Series Consultant: Cindy Croft, M.A.Ed
Director of the Center for Inclusive Child Care at Concordia University

Loneliness

Discover how you can use loneliness to improve your life. Everyone feels lonely sometimes. Sometimes the feeling comes from being truly alone, but it has more to do with feeling alone, unconnected to other human beings. No one likes to feel lonely, but researchers have found that loneliness can actually help us to be better people. It makes us reach out to others. We don't like the way it feels, and so we form connections with other human beings—and these connections help make our world happier, safer, and more satisfying for us all. You'll find out more inside this book!

ISBN: 978-1-4222-8768-2

Author: Z.B. Hill

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Causes & Effects of Emotions

Dewey Number(s): 155.9'2

Grade Range: 6-8



Looking & Feeling Good in Your Body

Many of us have looked in the mirror and thought, "If only I could change the way I look. If only I could be different." Most people have, at one time or another, wished to look more like someone else, someone we know or someone we've seen in movies or on TV. For many people, this desire stems from living in a society that values thinness and a particular representation of beauty above all else. Discover the factors that influence how we view ourselves and our bodies. The choice to see yourself as valuable and beautiful—no matter what you may look like—is up to you!

ISBN: 978-1-4222-8846-7

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc.

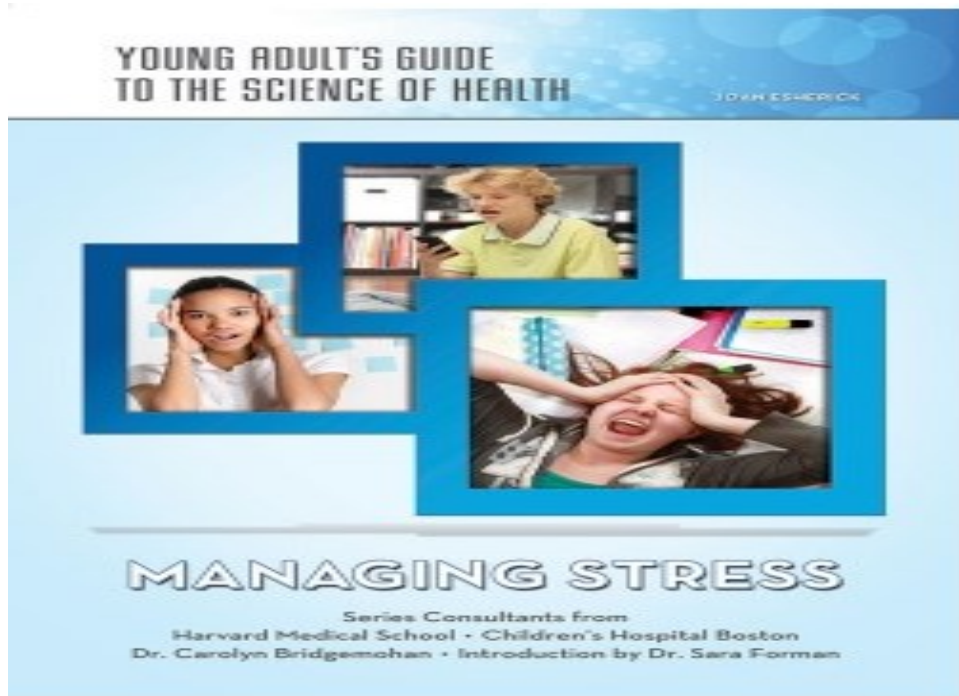
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 646.7/046

Grade Range: 6-8



Managing Stress

Are you anxious? Irritable? Feeling depressed? Having trouble sleeping? Feeling tired all the time? If these symptoms describe you, you may have too much stress in your life! Stress is a fact of life. We all live with it. We all experience its effects. The exhilarated rider on a roller coaster experiences one kind of stress. The terrified victim of assault experiences another. Too many teens, however, deal with a potentially harmful, even deadly form of stress: chronic stress. This book offers teens a primer on stress: What is it? From where does it come? How does it help us? How can it cause harm? How do we know if we're under too much stress? What unhealthy ways of handling stress should we avoid? What healthy ways of stress management can we embrace? What tips or strategies might help us better handle the sources of stress in our lives? If you want to know how to manage stress better, sidebars, easy-to-understand statistics, and real-life case studies make this book an informative, interesting read.

ISBN: 978-1-4222-9009-5

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights, Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 155.9'042

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

MOOD DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Esherick, Director, Regulatory Affairs, Pharmalink Consulting

JOAN ESHERICK

Mood Disorders

Everyone experiences the “blues” now and then as well as times of joy and self-confidence. Most people even experience mood swings—times when they move quickly from feelings like joy to opposite feelings like sorrow. But what happens when normal moods become so extreme that a person can’t think, feel, or act appropriately? What if a person is so “up” he does foolish, even dangerous, things? What if he’s so “down” he can barely get out of bed? The U.S. Surgeon General reports that, at any one time, between 10 and 15 percent of the adolescent population in the United States suffers from major depression. That’s one in ten teens! According to the National Institute of Mental Health, 20 to 40 percent of those will develop bipolar disorder (manic depression) within five years. Often undiagnosed or misdiagnosed, mood disorders present major challenges, such as increased risk for illness, higher probability of social and interpersonal problems, and greater likelihood of substance abuse for those who suffer with them. Mood disorders, when left untreated, can even be fatal: seven percent of adolescents with major depressive disorder commit suicide. What are mood disorders, and how can they be treated? Using numerous case studies and sidebars, and written in language that is easy to understand, *Mood Disorders* takes a comprehensive look at the causes and symptoms of mood disorders. In its pages, you will learn about the methods for diagnosis and treatment, specific drugs used to treat mood disorders, and alternative treatment strategies. Along the way, you will discover that mood disorders, though serious and challenging, are treatable, and help can be found.

ISBN: 978-1-4222-8990-7

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc

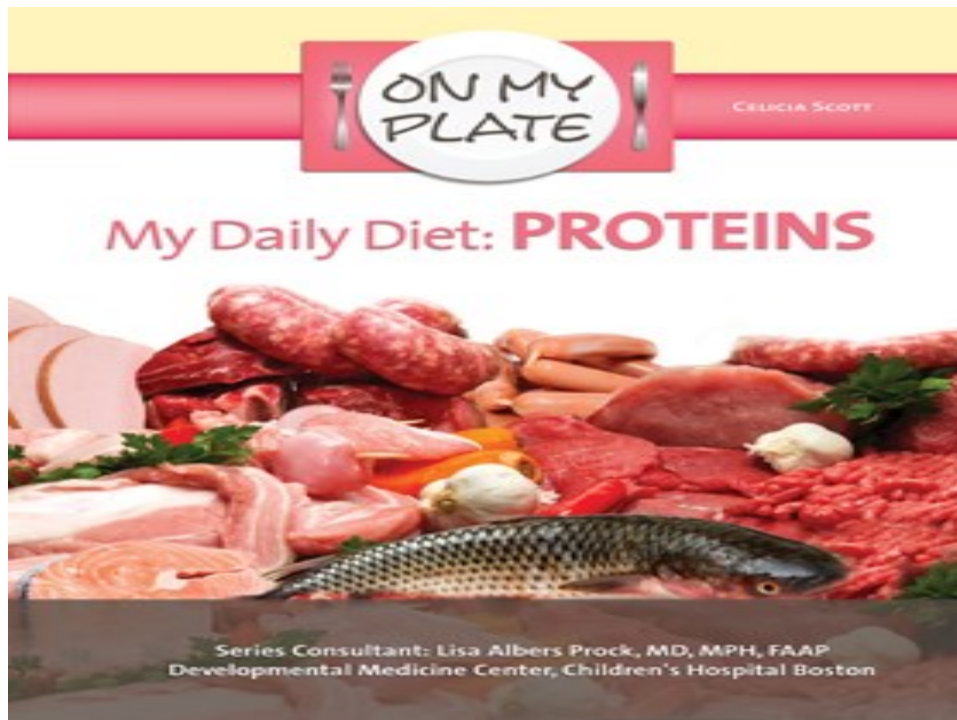
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'27061

Grade Range: 6-8



My Daily Diet: Proteins

Meat, beans, and fish all contain protein, an important part of a balanced diet. But why is eating protein each day so important? Find out more about the protein food group and why your body needs protein to stay healthy. Learn where we get most of our protein and how it ends up on our plates. Discover how to make sure you're eating enough protein every day!

ISBN: 978-1-4222-8790-3

Author: Celicia Scott

Format: Hosted eBook

Publisher: National Highlights Inc.

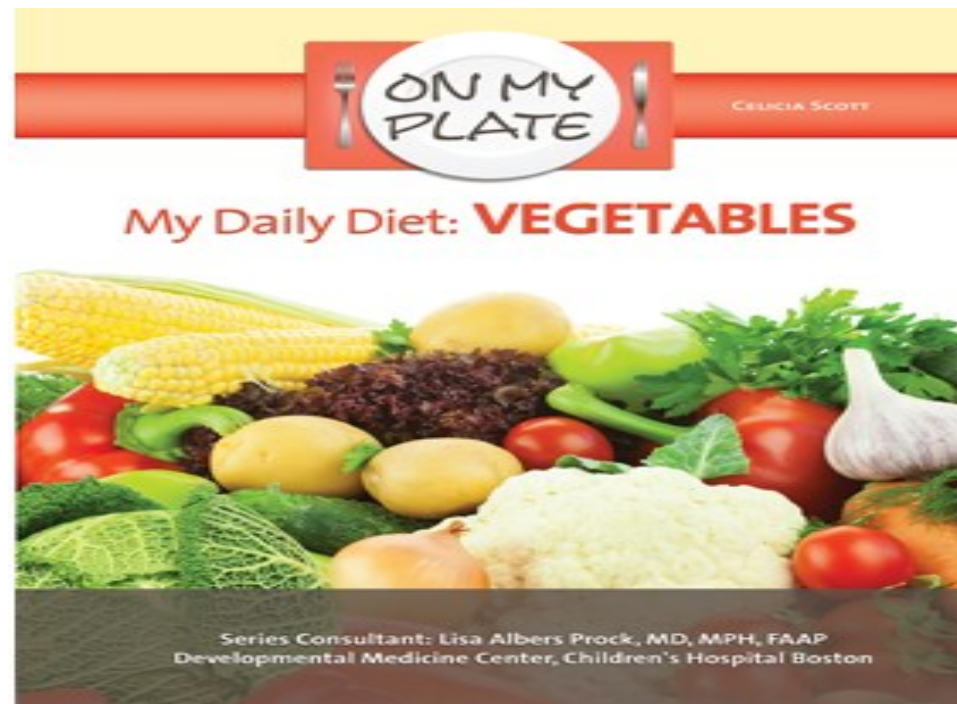
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 612.3'98

Grade Range: 6-8



My Daily Diet: Vegetables

Someone, sometime, has probably told you, "Eat your vegetables"! But do you know why eating vegetables every day is so important? Find out how vegetables make your body healthier. Learn how vegetables like potatoes and peas, cabbage and corn, broccoli and beets get from the farm to your table—and discover why eating vegetables as part of a balanced diet is the best way to stay healthy!

ISBN: 978-1-4222-8791-0

Author: Celicia Scott

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: On My Plate

Dewey Number(s): 613.2

Grade Range: 6-8



My Feelings Have Names

ISBN: 9781422296127

Author: Sheila Stewart & Rae Simons

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids Have Troubles Too

Dewey Number(s): 155.4

Grade Range: 6-8



My Name Is Not Slow: Kids with Intellectual Disabilities

ISBN: 9781422296028

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

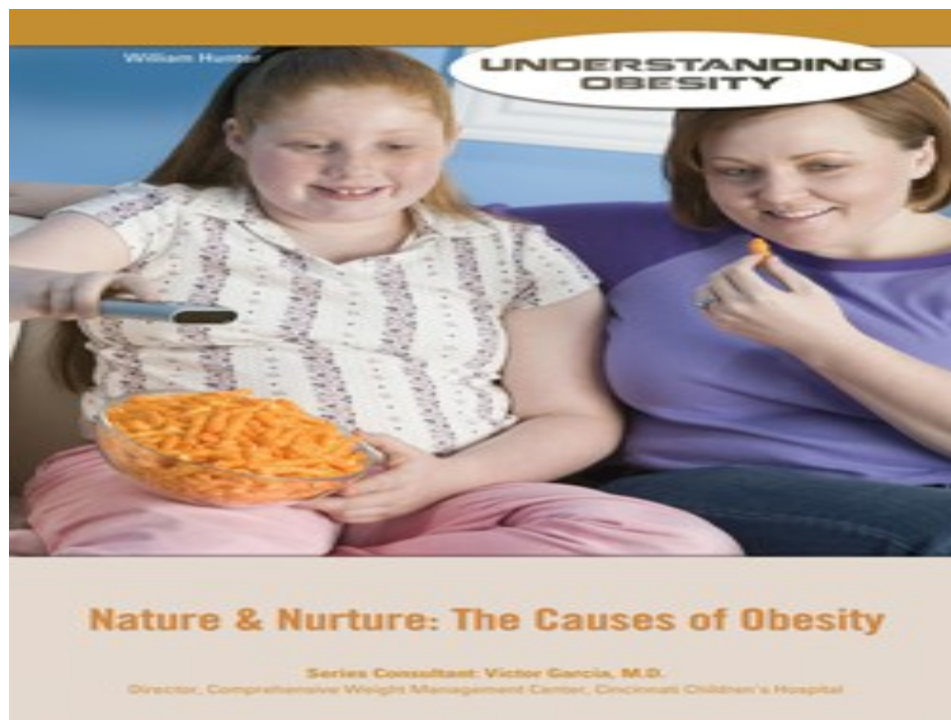
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 305.23

Grade Range: 6-8



Nature & Nurture: The Causes of Obesity

As the number of people with obesity increases, the health problems tied to this condition are also increasing. Conditions like coronary heart disease, high blood pressure, type 2 diabetes, and many forms of cancer—all conditions that may be associated with or aggravated by excess weight and all conditions that can be potentially deadly—are not only common among adults but also more common among younger people than ever before. Even as people become more conscious that excess weight is a medical problem, many people still view obesity as a personal problem—something caused by laziness, gluttony, or even stupidity. Maybe people still don't realize that weight and body size aren't simply a matter of what we eat and how much we exercise. Discover the true causes of obesity, from our genetics to the way in which we were raised. Understand the truth behind our culture's myths about obesity and weight.

ISBN: 978-1-4222-8847-4

Author: William Hunter

Format: Hosted eBook

Publisher: National Highlights Inc.

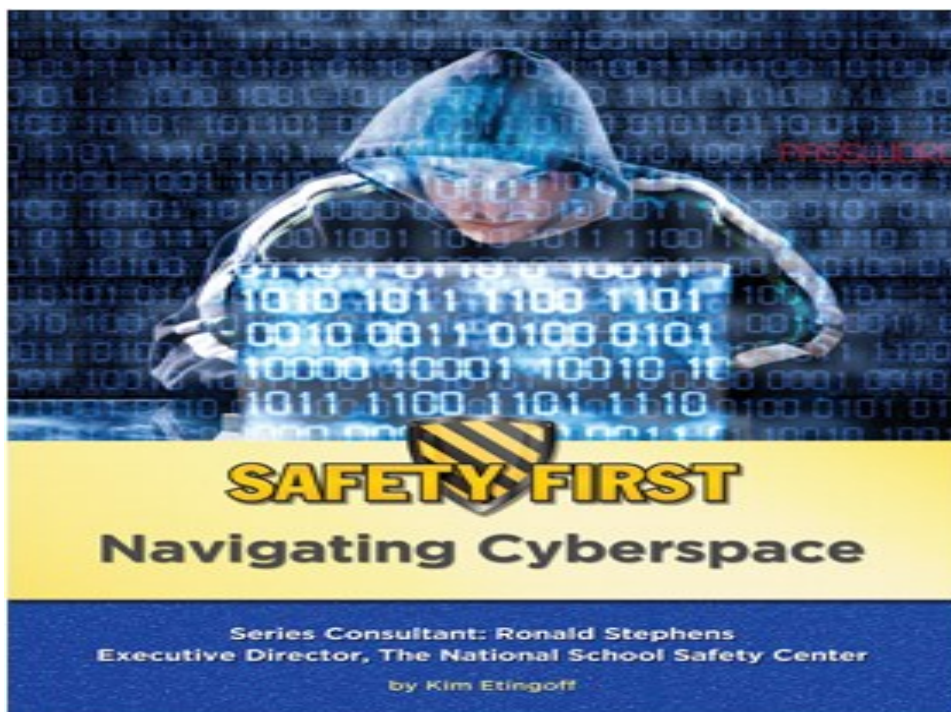
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Understanding Obesity

Dewey Number(s): 616.3/98042

Grade Range: 6-8



Navigating Cyberspace

The Internet is a great tool for learning. It's also a lot of fun for games, keeping up with friends, or reading about the things you love. But there are also dangers on the Internet. You can't always know for sure to whom you're talking. Information you put online that you think is safe may become a target for people who are up to no good. Pictures you share with one person can end up in the hands of people you'd never have sent them to. The Internet can become a scary place.

ISBN: 978-1-4222-8833-7

Author: Kim Etingoff

Format: Hosted eBook

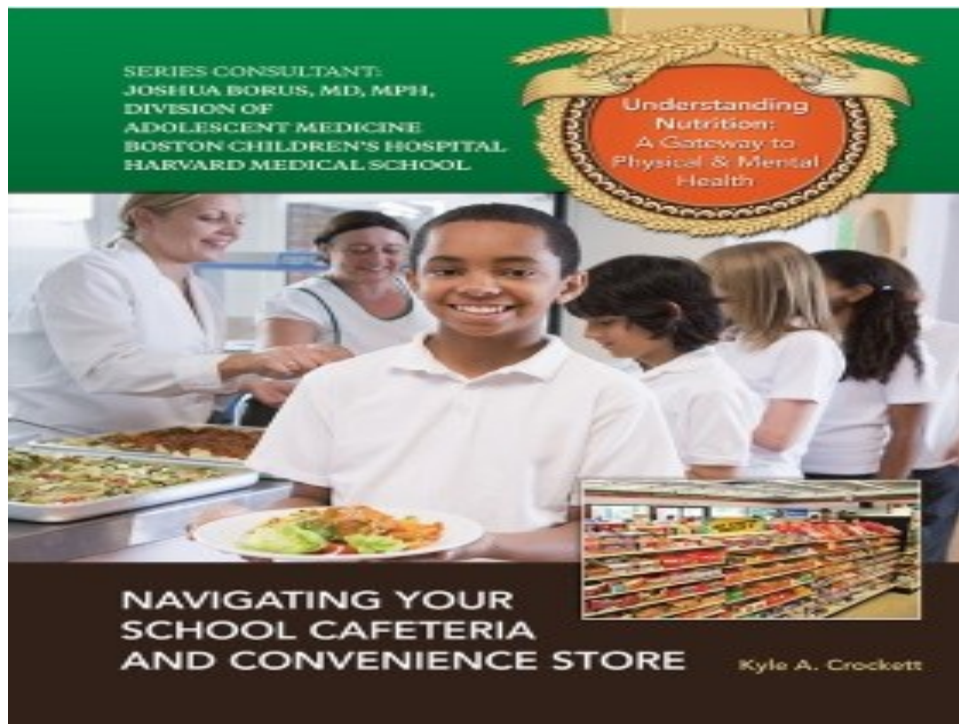
Imprint: National Highlights Inc.

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 004.67'8083

Grade Range: 6-8



Navigating Your School Cafeteria and Convenience Store

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? When you're standing in the lunch line in your school cafeteria, what decisions should you make? What foods should you buy at the convenience store after school? In a store or school cafeteria, it may be hard to pick the best foods and snacks. What LOOKS the best isn't always the healthiest. You may not have a lot of choices to pick from. Learn about making the best decisions you can—both in the lunch line and the convenience store.

ISBN: 978-1-4222-8944-0

Author: Kyle A. Crockett

Format: Hosted eBook

Publisher: National Highlights Inc

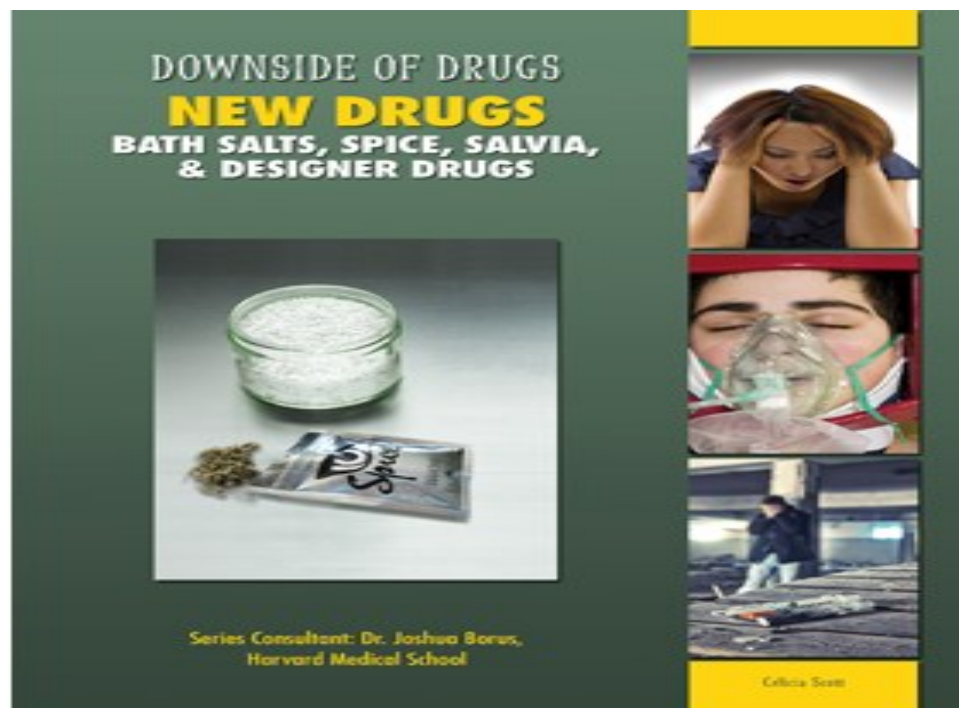
Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 613.2

Grade Range: 6-8



New Drugs: Bath Salts, Spice, Salvia, & Designer Drugs

Some young adults think new drugs like spice, bath salts, or salvia are safe. In some cases, they're even legal. But what many young adults don't know is that these drugs are just as dangerous, if not more dangerous, than the illegal drugs that have been around for much longer. Some of these drugs are so new that no research has been done on how safe they are to take, so no one is even sure just how dangerous they really are. Discover the true risks of taking these new drugs. Read the scary real-life stories of people who've used these drugs and had to deal with awful consequences. Learn the downside of these new drugs!

ISBN: 978-1-4222-8810-8

Author: Celicia Scott

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

OBSESSIVE- COMPULSIVE DISORDER



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School
Donald Eslerick, Director, Regulatory Affairs, Pharmalink Consulting

SHIRLEY BRINKERHOFF

Obsessive-Compulsive Disorder

A century ago, people with symptoms of obsessive-compulsive disorder (OCD) were sometimes institutionalized for life or treated with frightening operations such as frontal lobotomies. In the twentieth century, psychoanalysis and other types of therapies began to offer more treatment options. In this book, you will read about: • Lauren, a high school student whose OCD robbed her of friends, her social life, job, and future, leaving her too ashamed to reach out for help. • Jacob, an eight-year-old who suffered a head injury and awoke from his coma with an all-consuming need to do everything seven times. • Sal, a dependable, well-balanced husband and father whose sudden compulsion to bring home paper and trash changed his entire life. • Laura, whose undiagnosed OCD led her to be placed in a school for children with mental retardation. • Emma, whose frightening thoughts about hurting her baby sister drove her to pray for hours every day and to go to confession many times a week. • Annaliese, a nurse who was accidentally poked by a patient's needle a decade ago and has remained convinced ever since that she has AIDS. Through these stories and the factual material accompanying them, you will learn about the huge ramifications OCD has on individuals' lives as well as the types of treatments available to help. With the discovery of psychiatric drugs, doctors now have more ways than ever to treat, and in some cases altogether relieve, the symptoms of obsessive-compulsive disorder. Obsessive-Compulsive Disorder explains how psychiatric drugs and other forms of therapy are making a difference in the lives of many people with symptoms of OCD.

ISBN: 978-1-4222-8991-4

Author: Shirley Brinkerhoff

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'227061

Grade Range: 6-8

DOWNSIDE OF DRUGS **OVER-THE-COUNTER MEDICATIONS**



Series Consultant: Dr. Joshua Berus,
Harvard Medical School



Rosa Waters

Over-the-Counter Medications

Though you probably know the risks of using illegal drugs like cocaine and heroin, you might not know just how dangerous many over-the-counter medications can be when abused or taken incorrectly. Cough syrups, diet pills, sleeping pills, and other over-the-counter medications can be just as dangerous as many illegal drugs. Learn more about the true risks of taking these readily available drugs. Discover the downside of over-the-counter medications!

ISBN: 978-1-4222-8811-5

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8

PAINKILLERS: PRESCRIPTION DEPENDENCY



IDA WALKER

Series Consultant:
Jack E. Henningfield, Ph.D.
Johns Hopkins University School of Medicine

Painkillers: Prescription Dependency

Statistics on drug use show that abuse is decreasing. That's the good news. But there's bad news as well: the abuse of prescription drugs is increasing. Among the most abused prescription medications are painkillers, something many people have in their medicine cabinets. In *Painkillers: Prescription Dependency*, you will find out what pain really is—and what it isn't—as well as the history of pain. The book also provides up-to-date information about painkillers and how they are abused. Special attention is given to OxyContin, which has expanded addiction to new groups of people. Treatment methods are also covered—but the best route is never to become addicted!

ISBN: 9781422293027

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 616.86

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

POSTPARTUM DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School
Donald Esberick, Director, Regulatory Affairs, Pharmalink Consulting

AUTUMN LIBAL

Postpartum Disorders

Everyone told Sandra she would be happy. People described in rapt detail the overwhelming feeling of love and purpose that would envelop her at her daughter's birth. Nothing prepared Sandra for the heavy fog of dread and loss that descended upon her in the delivery room on the day she gave birth. When the nurse handed her the crying, bruised, purple-pink bundle, Sandra had to fight the urge to hand the bundle back and run. She wanted to turn the clock back nine months before any of this had happened. When she did spend time with her daughter, instead of singing soothing lullabies, Sandra found herself whispering, "I hate you. I wish you had never been born." Pregnancy, childbirth, and early motherhood is supposed to be a time filled with the joy and wonder of bringing a new life into the world. Unfortunately, some women find that the struggles of early motherhood are accompanied by multiple sorrows that clash with this picturesque ideal. As difficult as it may be for a person who has not experienced it to understand, Sandra's feelings are quite common among new mothers struggling with the physical, emotional, and social upheaval that follows giving birth. In this transitional period, some women become more vulnerable to depression and may experience psychiatric disorders such as postpartum depression and postpartum psychosis. Postpartum Disorders will tell you more about these disorders, the experiences of the women who have faced them, and the treatments that can help.

ISBN: 978-1-4222-8993-8

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

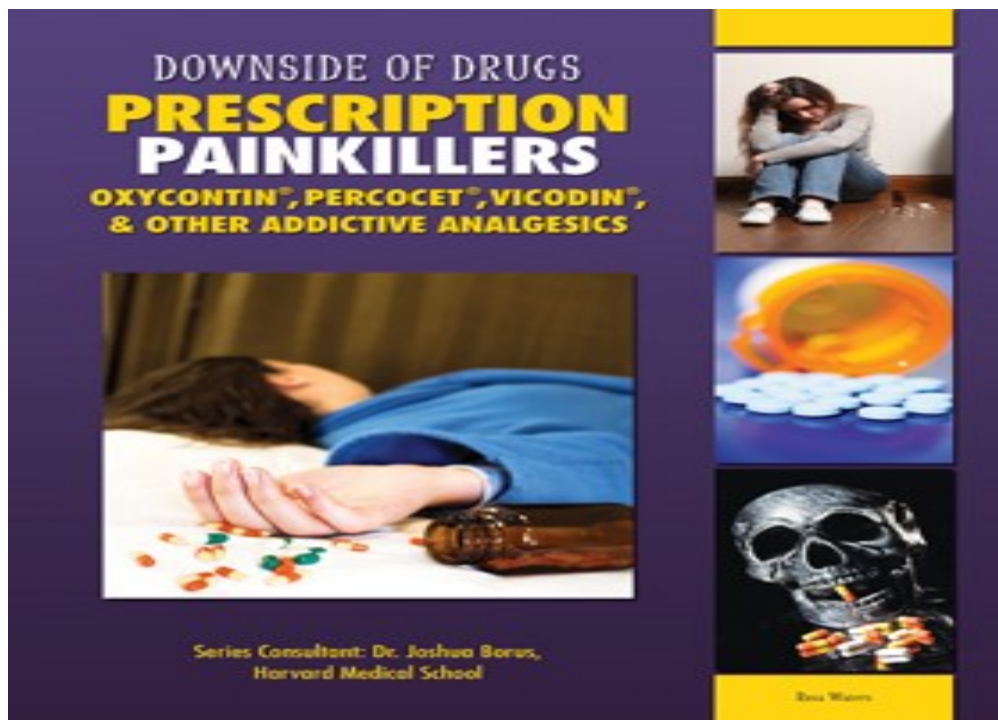
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 618.7'6061

Grade Range: 6-8



Prescription Painkillers: Oxycontin, Percocet, Vicodin, & Other Addictive Analgesics

Just because a drug is legal, doesn't mean it's safe to abuse it. Abusing prescription painkillers like OxyContin™, Percocet™, and Vicodin™ is no safer than trying much harder drugs. These drugs are being vastly abused and represent one of today's largest drug epidemics. Discover the real consequences of taking prescription painkillers to get high. Learn about the damage these pills can do to your body and how you can develop an addiction to painkillers. Find out about the downside of prescription painkillers!

ISBN: 978-1-4222-8812-2

Author: Rosa Waters

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Downside of Drugs

Grade Range: 6-8



Protecting Your Body: Germs, Superbugs, Poison, & Deadly Diseases

Each day, dangerous germs surround us. At home, many of the products we use to keep our houses clean and our bodies healthy can also be poisonous and very dangerous. The wrong pill, medicine, or household cleaner can cause major health problems. Whether from diseases, germs, or poisons, keeping your body safe from harm means knowing the dangers that are around you.

ISBN: 978-1-4222-8835-1

Author: Christie Marlowe

Format: Hosted eBook

Publisher: National Highlights Inc.

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Safety First

Dewey Number(s): 613.6071

Grade Range: 6-8



Protective Services

Not every child is lucky enough to live in a safe, loving home. Many young people live in difficult, unhealthy, or even dangerous conditions. Luckily, there are systems in place to help kids caught in these situations. Child protective services are working hard to help children in need. Ryan Delaney is one of these kids. He spends most of his time living in a fantasy world, because that's easier than facing his real life. He lies to his friends about his parents and his home—but eventually, the truth catches up with him, forcing him to get the help he needs. As you read Ryan's story, you will learn about the history of the child protective services and find out about the programs and services offered today.

ISBN: 978-1-4222-8827-6

Author: Joyce Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

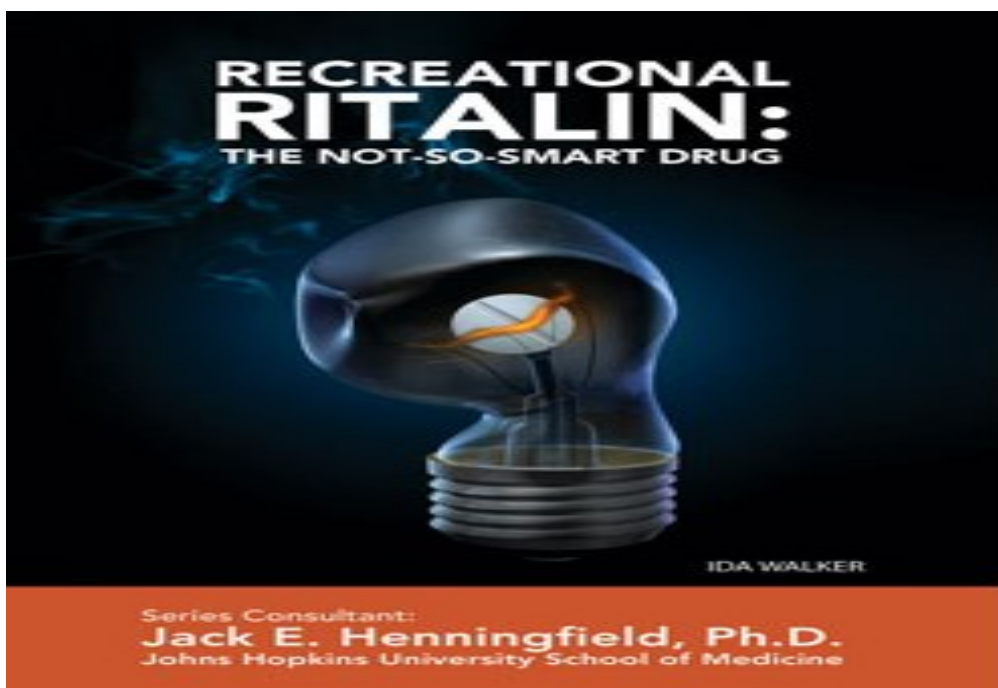
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2015

Series/Set: Living with a Special Need

Dewey Number(s): 362.76'72

Grade Range: 6-8



Recreational Ritalin: The Not-So-Smart Drug

It seemed like an easy answer. If a child was diagnosed with attention-deficit/hyperactivity disorder—ADHD—give him Ritalin and all would be better. The answer—and the condition—turned out not to be that easy. Recreational Ritalin: The Not-So-Smart Drug provides an overview of ADHD and the drug most often prescribed to treat the condition. This book provides you with a description of other drugs like Ritalin and their effects, good and bad. You will also learn about ADHD and the controversy surrounding its diagnosis and treatment. But Ritalin and other drugs like it have moved out of the classroom and away from their legitimate uses in treating a medical condition. College students and young professionals are now using the drugs to gain that “extra edge” to achieve success. Recreational Ritalin: The Not-So-Smart Drug tells their stories as well. You will also discover how Ritalin abuse is being effectively treated.

ISBN: 9781422293034

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 616.85

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

PSYCHOSOMATIC DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School
Donald Esterick, Director, Regulatory Affairs, Pharmalink Consulting

AUTUMN LIBAL

Psychosomatic Disorders

Our bodies are constantly reacting to mental stimulation. When reliving the winning goal you made in the hockey game, your face might flush, heart race, and muscles tense. A child who is being bullied at school might feel sick every morning before leaving home. A passionate kiss in the movies might make your own lips tingle. These are examples of psychosomatic reactions: physical reactions to mental or emotional symptoms. Sometimes a person's psychosomatic reaction to mental stress may be so severe that it causes a debilitating disorder. For example, Kevin sometimes still has trouble believing his leg is truly gone. He has strange sensations that he cannot account for. Some are unpleasant, like the constant itching where he no longer has a place to itch. Others are nice surprises, like when he can feel his cat brushing against where his leg should be. The worst, however, is the pain. For the all other inexplicable feelings that come and go, the pain never leaves Kevin's body or mind. Sometimes in the dark quiet of his bedroom, he has nightmares in which he relives stepping on the land mine. Only in his nightmares, everything happens in slow motion. He can see his leg tearing away from his body. He reaches forward, grabbing for his leg, and the excruciating pain wakes him up. He lies, panting in the darkness, trying to will the pain away, asking himself, "How can something that doesn't even exist hurt so badly?" How can doctors treat the pain and illness in the body that are caused by the mind? In this book, you will learn more about Kevin's story, what psychosomatic disorders are, how these "phantom" disorders can be treated.

ISBN: 978-1-4222-8995-2

Author: Autumn Libal

Format: Hosted eBook

Publisher: National Highlights Inc

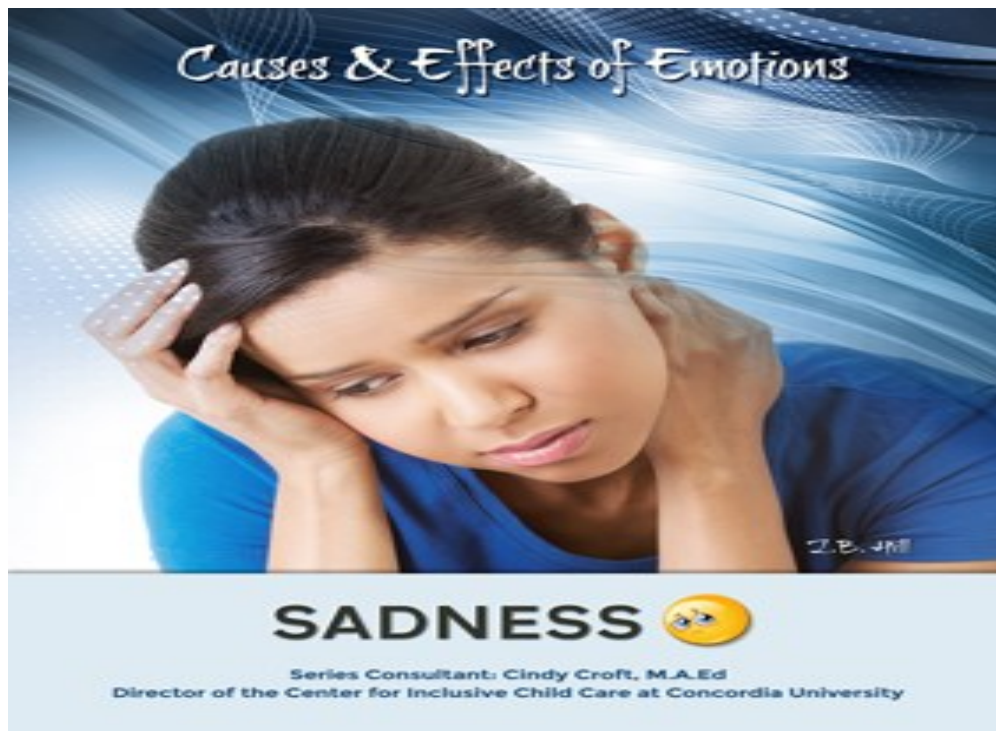
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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.08

Grade Range: 6-8



Sadness

Learn from your sad feelings. We all feel sad sometimes. Maybe your best friend moved away. Maybe you failed to do as well as you had hoped at something. Maybe it's just one of those gray days when everything seems sad! Those sad feelings come from chemical reactions inside your brain. They may not feel very pleasant—but all your emotions, including sadness, are actually designed to help you. Find out what triggers sadness and why. Discover how you can cope with sadness—and what you can learn from it.

ISBN: 978-1-4222-8771-2

Author: Z.B. Hill

Format: Hosted eBook

Publisher: National Highlights Inc.

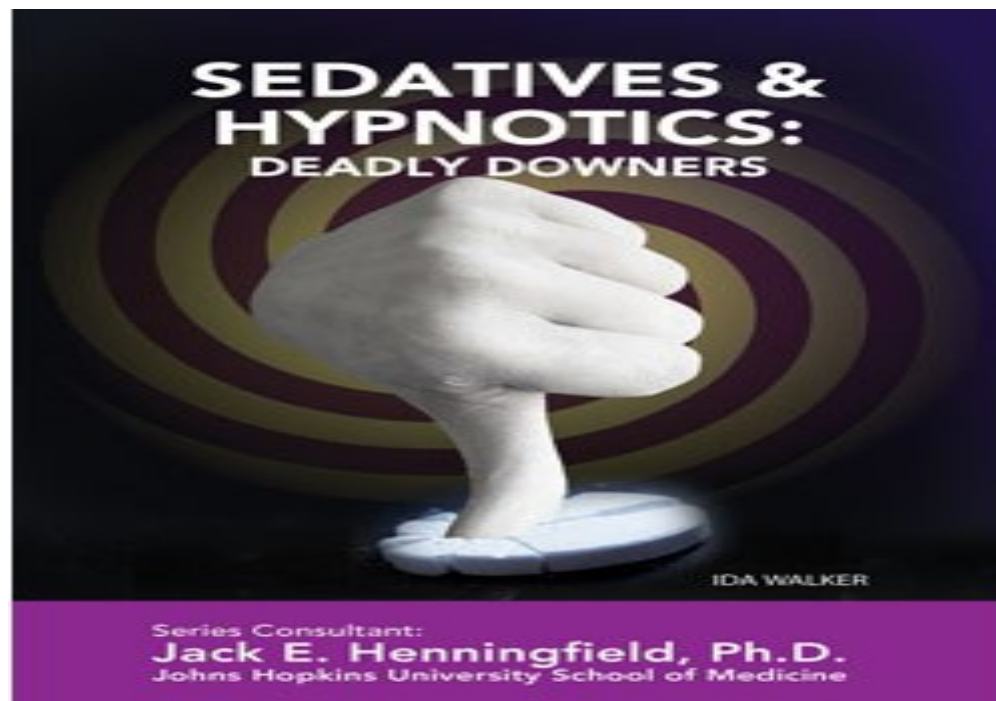
Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Causes & Effects of Emotions

Dewey Number(s): 152.4

Grade Range: 6-8



Sedatives & Hypnotics: Deadly Downers

Almost everyone has trouble sleeping once in a while. Sometimes your mind keeps racing with new ideas long after your body is ready to shut down for the evening. Other nights, life's problems follow you to bed and prevent you from getting a good night's sleep. But an occasional night of insomnia needn't justify addiction to sedatives and other sleep-inducing medications. *Sedatives and Hypnotics: Deadly Downers* reveals the long history of sedatives and hypnotics. You'll discover how these drugs work and their effects, good and bad. Preventative measures are discussed, as well as treatment options for abuse and addiction.

ISBN: 9781422293041

Author: Ida Walker

Format: Hosted eBook

Publisher: National Highlights Inc

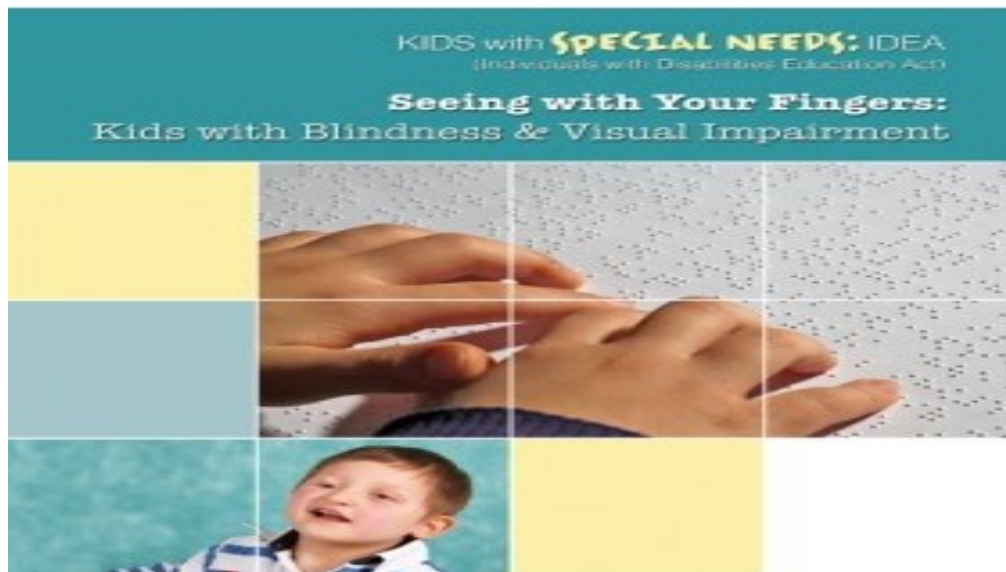
Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2013

Series/Set: Illicit and Misused Drugs

Dewey Number(s): 615.7

Grade Range: 6-8



Sheila Stewart & Camden Flath

Series Consultant: Dr. Carolyn Bridgemohan,
Children's Hospital Boston, Harvard Medical School

Seeing with Your Fingers: Kids with Blindness and Visual Impairment

ISBN: 9781422296042

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

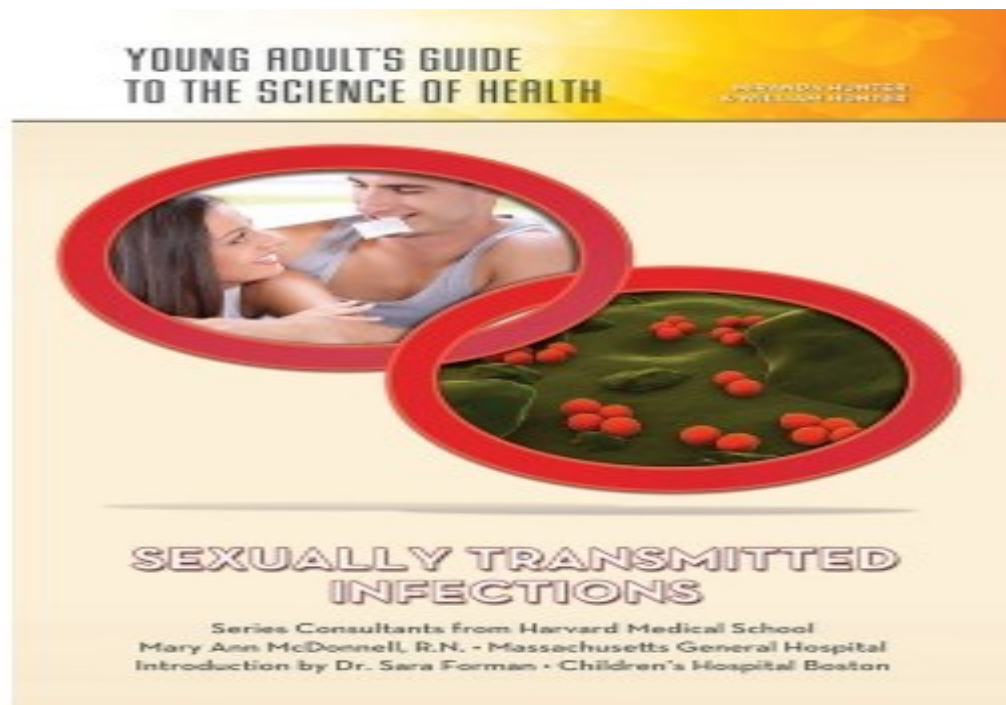
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 362.4

Grade Range: 6-8



Sexually Transmitted Infections

Myth...or truth? 1. Only people who have sex with many partners get sexually transmitted infections (STIs). 2. If I always use a condom, I can't catch an STI. 3. Using two condoms is even safer than one. 4. Oral sex is safe without a condom. 5. If I don't have any symptoms, I don't have an STI. Do you know if these statements are true or false? Are you certain? Don't be too embarrassed to find out about STIs. These infections are avoidable—and most are treatable. This book will give you the information you need to make good decisions—and stay safe.

ISBN: 978-1-4222-9010-1

Author: Miranda Hunter

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 614.5'470835

Grade Range: 6-8



Sick All the Time: Kids with Chronic Illness

ISBN: 9781422296011

Author: Zachary Chastain & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

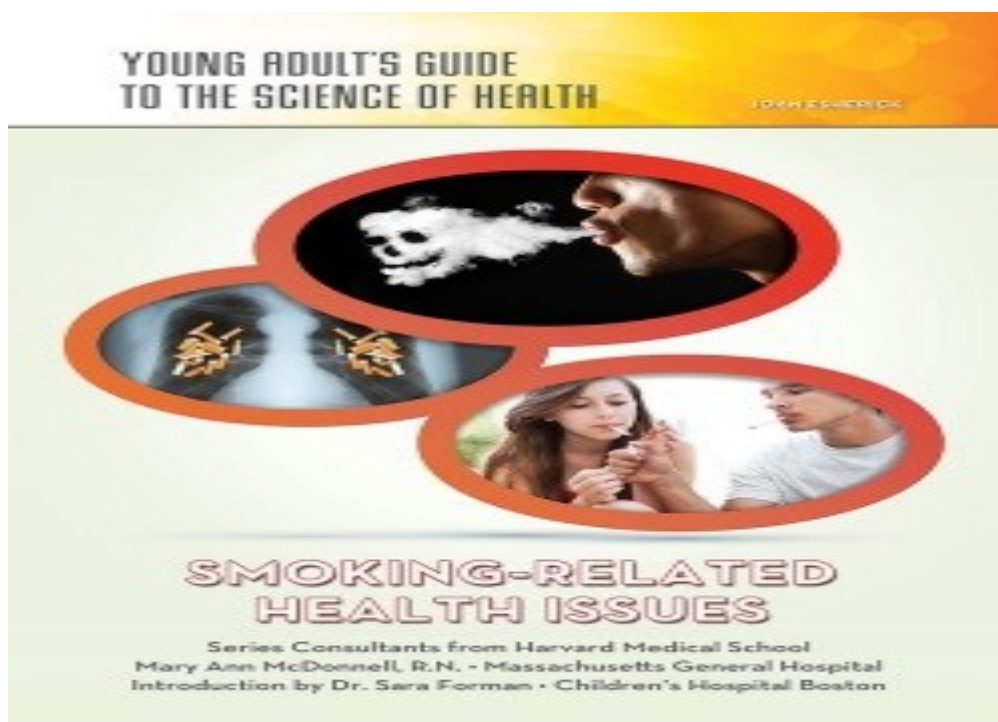
Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8



Smoking-Related Health Issues

One in three adolescents who experiment with tobacco products will end up addicted to nicotine by the time he is twenty years old. If current trends continue, some five million kids who are currently under eighteen years of age will die one day because they chose to smoke cigarettes as adolescents. Smoking kills. Kids know that, yet every day in the United States, nearly 3,000 young people become new tobacco users. Why? This book addresses this question as it examines reasons teens smoke, the consequences of tobacco use, and the sometimes ugly facts about smoking, chewing, and sniffing. Sidebars, easy-to-understand statistics, and real-life case studies make this an informative, interesting read for teens who want to make an informed decision about using tobacco products.

ISBN: 978-1-4222-9012-5

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 613.85

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

SLEEP DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Esherick, Director, Regulatory Affairs, Pharmalink Consulting

JOAN ESHERICK

Sleep Disorders

You've been doing it since birth. You will do it till you die. You spend a full third of your life doing it. So why is it so hard sometimes? Sleeping seems like it should be the easiest thing in the world. Lie back, close your eyes, and drift off to dream land! But for some people, sleep is anything but easy. For a growing segment of our population, sleep difficulties are becoming routine. In a recent survey done by the National Sleep Foundation, nearly 50 percent of Americans age eighteen or older reported that they are excessively tired during the day, presumably from lack of sleep at night. Teens are no exception: Nearly one out of three falls asleep in class once a week. We know we're chronically fatigued—but why are we so tired? Lifestyle issues, sleep habits, health conditions, medicines, drug abuse, stress—these can certainly rob us of sleep, but perhaps the greatest unrecognized source of our tiredness is a group of conditions called sleep disorders. Often undiagnosed, sleep disorders can seriously compromise the health and lives of those who wrestle with them. What are sleep disorders, and how can they be treated? What are their effects, and how does a person know if she has one? Using numerous case studies combined with easy-to-understand information, *Sleep Disorders* takes a comprehensive look at the causes and symptoms of sleep disorders, methods of diagnosis and treatment, specific drugs used in treatment, and alternative strategies for management. By examining the causes and cures of these sleep robbers, readers will discover that, contrary to popular belief, it is possible to get a good night's sleep in our bustling world.

ISBN: 978-1-4222-8998-3

Author: Joan Escherick

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.8'498061

Grade Range: 6-8

YOUNG ADULT'S GUIDE TO THE SCIENCE OF HEALTH

JOAN ESHERICK



SLEEP DEPRIVATION & ITS CONSEQUENCES

Series Consultants from
Harvard Medical School • Children's Hospital Boston
Dr. Carolyn Bridgemohan • Introduction by Dr. Sara Forman

Sleep Deprivation & Its Consequences

Do you ever feel exhausted and drowsy, like you need more sleep? If you do, you're not alone. A recent study by the National Sleep Foundation (NSF) found that 60 percent of people under the age of eighteen complained of daytime tiredness. Fifteen percent (one out of every seven) said they were so tired they fell asleep in school. You may think that not getting sufficient sleep is no big deal, but think again. According to the National Sleep Foundation, sleep deprivation can put you at high risk for unintentional injury and death, low grades and poor school performance, negative moods, and increased likelihood of stimulant use. The National Highway Traffic Safety Administration views driving drowsy as actually more dangerous, and more deadly, than driving drunk! What is sleep? Why do we need it? What causes sleep deprivation and how can it be avoided? What are its tragic results? This book answers these and other questions by using a readable blend of real-life accounts, easy-to-understand statistics, scientific data, and practical suggestions.

ISBN: 978-1-4222-9011-8

Author: Joan Esherick

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: National Highlights Inc

Copyright: 2014

Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 616.8'4982

Grade Range: 6-8

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

SUBSTANCE-RELATED DISORDERS



SERIES CONSULTANTS:

Mary Ann McDonnell, Former Director of Clinical Trials, Pediatric Psychopharmacology
Research Massachusetts General Hospital/Harvard Medical School;
Donald Escherick, Director, Regulatory Affairs, Pharmalink Consulting

JOYCE LIBAL

Substance-Related Disorders

Substance-related disorders are among the most prevalent of all mental disorders. They affect people in every part of society, and their consequences can be painful, traumatic, expensive, and even deadly. Furthermore, the negative consequences of substance-related disorders do not only affect the substance user; they touch the lives of the user's friends, family, coworkers, and other relations as well. From caffeine to alcohol, spray paint to cocaine, glue to nicotine, many different chemicals, both legal and illegal, can cause substance-related disorders. With so many substances available for use and misuse, how do you know which substances are addictive? Furthermore, why are they addictive, and what dangers do they pose? This book provides answers to many of these difficult questions. In addition to learning about addictive substances and substance abuse, you will learn about the treatments available for substance-related disorders and how some doctors are using medication to treat drug abuse. Take the first step toward understanding this all-too common category of mental disorders by reading Substance-Related Disorders.

ISBN: 978-1-4222-8999-0

Author: Joyce Libal

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest, an imprint of National Highlights Inc

Copyright: 2014

Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.86'061

Grade Range: 6-8



The Foster Care System

If your parents were unable to care for you, where would you go? Do you have family or friends who would take you in and support you? Unfortunately, many children don't have this option. The foster care system was put in place to help young people who find themselves without homes. As you follow the story of Bobby and Cara, two children whose family was torn apart, you'll discover more about the foster care system. You'll learn about the history behind the system, from the Orphan Trains in the United States to the British Home Children who were originally sent to Canada—and you'll discover some of the challenges young people in the foster care system face today.

ISBN: 978-1-4222-8820-7

Author: Joyce Libal

Format: Hosted eBook

Publisher: National Highlights Inc.

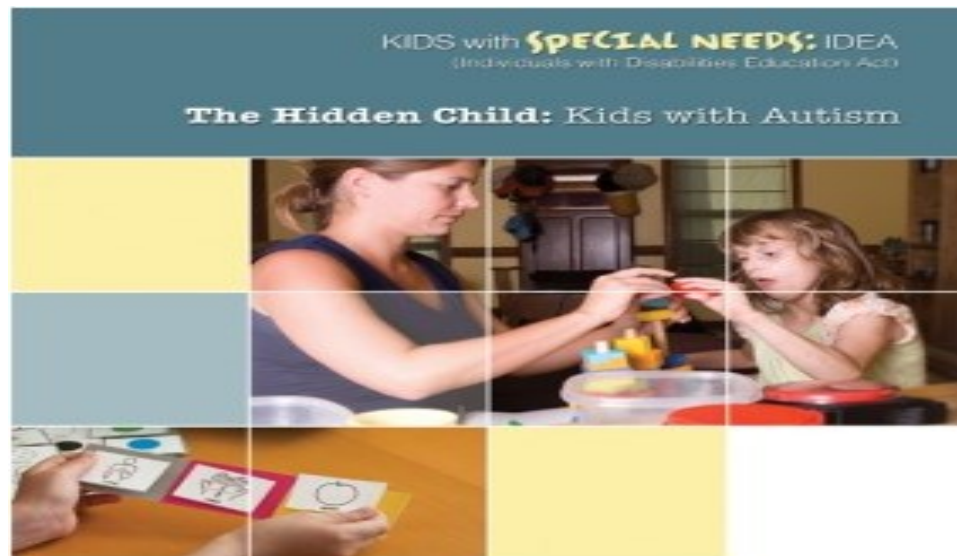
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Series/Set: Living with a Special Need

Dewey Number(s): 362.73'3

Grade Range: 6-8



The Hidden Child: Kids with Autism

ISBN: 9781422295960

Author: Sheila Stewart & Camden Flath

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids with Special Needs: IDEA (Individuals with Disabilities Education Act)

Dewey Number(s): 618.92

Grade Range: 6-8



The Juvenile Court System

When young people commit crimes, they often do not know what to expect next. Will they go to prison like an adult? What programs are there to help them? What people will teach them to make better choices next time? How will they be treated in the juvenile court system? As you read the story of Jeremy, a boy who is caught vandalizing his school, you too will learn the answers to these questions. You will discover what laws govern how young people are treated, and find out about the juvenile court system's processes. You'll find out what happens when young people commit crimes—and how they can get back on track.

ISBN: 978-1-4222-8823-8

Author: Donna Lange

Format: Hosted eBook

Publisher: National Highlights Inc.

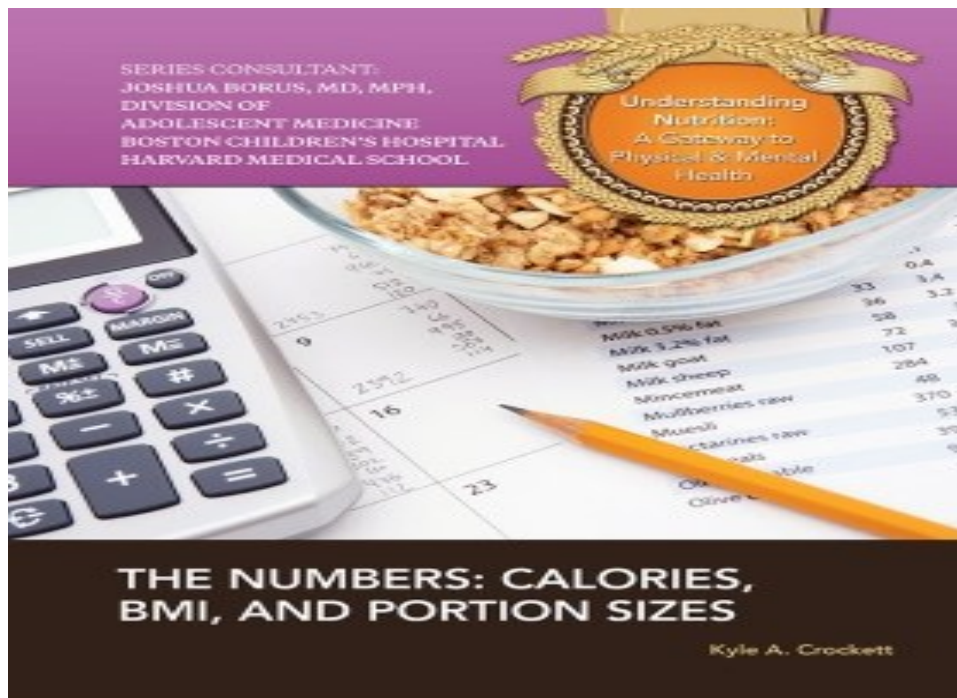
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Series/Set: Living with a Special Need

Dewey Number(s): 345.73'081

Grade Range: 6-8



The Numbers: Calories, BMI, and Portion Sizes

Nutrition can be complicated. How do you know what foods are healthy and what aren't? How much should you eat? What's a healthy portion size? How many calories do you need? Do you weigh just the right amount—or are you underweight or overweight? Keeping track of how much you eat, weigh, and exercise can help you make the right choices. Discover how knowing the numbers—calories, BMI, weight, and more—is a big part of staying fit and healthy.

ISBN: 978-1-4222-8945-7

Author: Kyle A. Crockett

Format: Hosted eBook

Publisher: National Highlights Inc

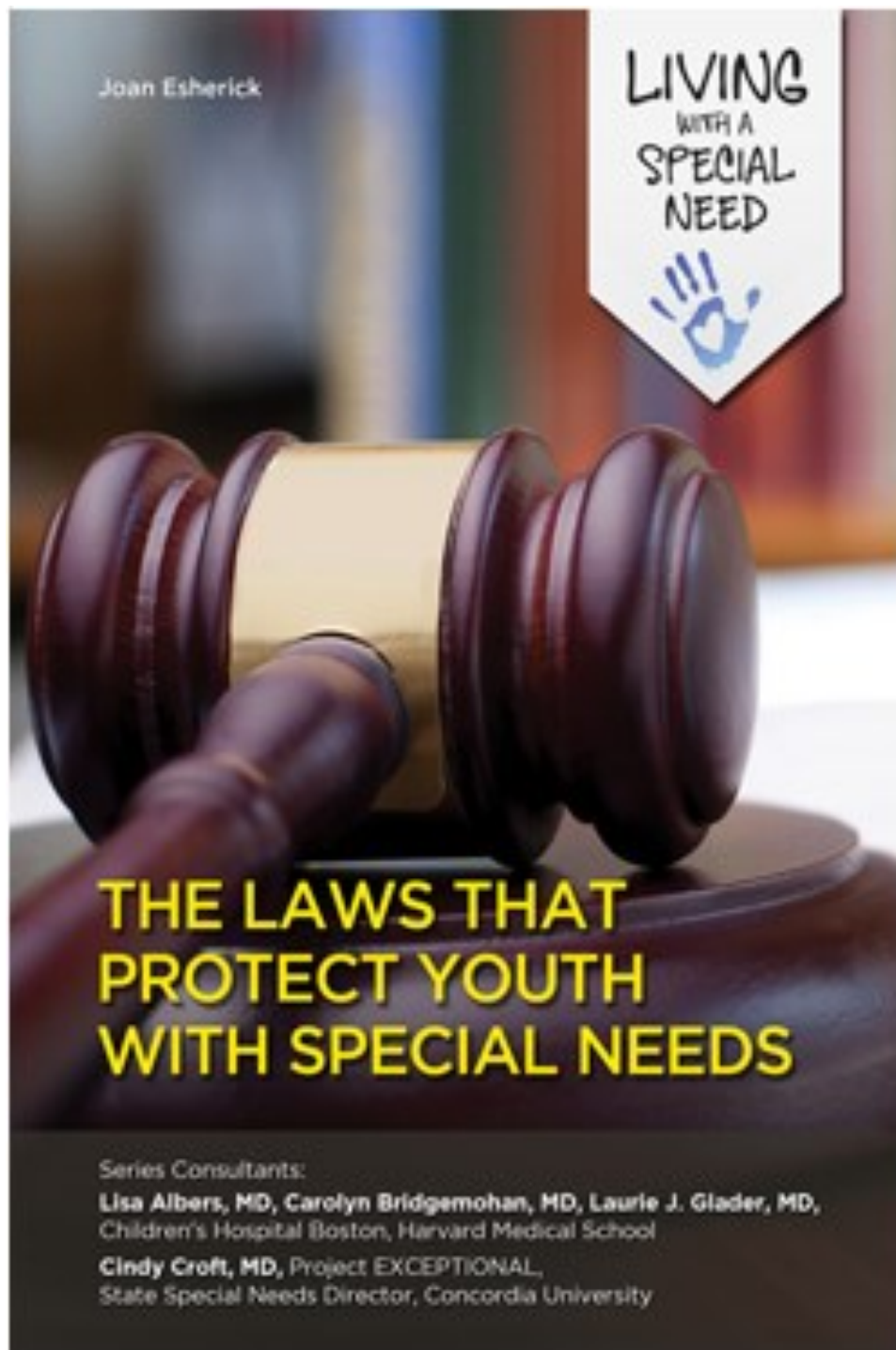
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Series/Set: Understanding Nutrition: A Gateway to Physical & Mental Health

Dewey Number(s): 664'.7

Grade Range: 6-8



The Laws That Protect Youth with Special Needs

Millions of people with special needs experience problems like prejudice, limited opportunities, and difficulties accessing the facilities that should be freely available. Luckily, there are laws in place today to protect their rights. Maria, a beautiful young girl with dreams of becoming a model, isn't allowed to participate in a local modeling workshop. Why? Because she uses a wheelchair. Another student with a disability is threatened by the loss of medical funding from the government, just because he's turning twenty-one; if he loses the government's help, he'll have to stop going to school and start living in a nursing home. What can he do to fight the situation? Meanwhile, nineteen-year-old Manuel is rejected from a job because of his history of seizures, even though he takes medication and hasn't had a seizure in more than five years. Is there something Manuel can do to get the job? As you read these young adults' stories, you'll learn about the laws that protect their rights. You'll discover the history behind these laws, and you'll find out exactly which rights are protected.

ISBN: 978-1-4222-8824-5

Author: Joan Esherick

Format: Hosted eBook

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Imprint: Mason Crest, an imprint of National Highlights Inc

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Series/Set: Living with a Special Need

Dewey Number(s): 342.7308'772

Grade Range: 6-8

KIDS&OBESITY

The Truth About Diets: What's Right For You?



JAMIE HUNT

KIDS&OBESITY

Tired of Being Teased: Obesity and Others



JAMIE HUNT

The Truth About Diets: What's Right for You?

ISBN: 9781422296233

Author: Jamie Hunt

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

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Series/Set: Kids & Obesity

Dewey Number(s): 613.2

Grade Range: 6-8

Tired of Being Teased: Obesity and Others

ISBN: 9781422296226

Author: Jamie Hunt

Format: Hosted eBook

Publisher: National Highlights Inc

Imprint: Mason Crest Publishers Inc

Copyright: 2011

Series/Set: Kids & Obesity

Dewey Number(s): 618.92

Grade Range: 6-8

YOUNG ADULT'S GUIDE TO THE SCIENCE OF HEALTH

ELIZABETH BAUCHNER



WEIGHT MANAGEMENT

Series Consultants from Harvard Medical School

Mary Ann McDonnell, R.N. • Massachusetts General Hospital

Introduction by Dr. Sara Forman • Children's Hospital Boston

Weight Management

Do you need to lose a few pounds? Are you overweight—or are you just built differently from the “Barbie-doll” (or “Ken-doll”) shape? Sometimes it’s hard to tell. In a culture that insists we all have to be model-thin, it’s hard to judge. Dieting is a big business that sells books, magazines, and food products. In the midst of so many conflicting messages, it can be hard to sort out fact from fiction. We all want to look our best—and at the same time, we all hate to deny ourselves our favorite foods! Healthy weight management is all about achieving the weight that’s right for you—and this book will give you the facts you need to determine what is right for you. Your ideal weight will depend on many factors—your height, your body type, your gender, your age—but there are at least two common factors for successful weight management: regular exercise and a balanced diet. Forget “diets” and focus instead on a lifetime of healthy habits. In the long run, weight management is not about denying yourself. It’s about providing your body with what it truly needs—and this book will tell you how.

ISBN: 978-1-4222-9014-9

Author: Elizabeth Bauchner

Format: Hosted eBook

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Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 613.2'5

Grade Range: 6-8