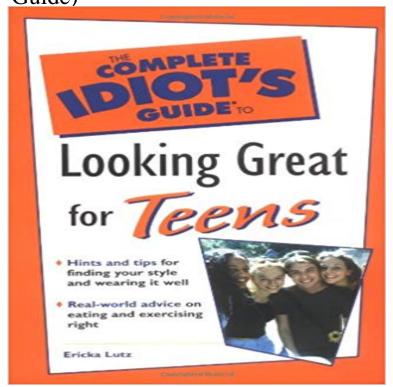
Complete Idiots Guide to Looking Great for Teens (The Complete Idiots Guide)



This guide, written for teenagers, both boys and girls, gives advice on health, fitness, and appearance. It discusses several ways to stay fit, from team sports to aerobics and weight training; includes tips on skin care, makeup, fashion, style, diet, and weight control; and gives guidelines for making smart choices about smoking and drinking.

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