



Easy for You to Say: Q and As For Teens Living With Chronic Illness or Disabilities

Dr. Miriam Kaufman

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Practical information for teens and their families.

The teen years are some of the most demanding. Even the most well-adjusted youth struggles with the intense daily challenges of friends, family, school, and wider society.

These problems pale in comparison to those faced by teenagers with a handicap or chronic illness such as spina bifida or cystic fibrosis. *Get over it*, or *It's just a phase*, just don't work and can be offensive. Easy for you to say, is the teenager's often-heard-and accurate-response.

Easy for You to Say profiles the lives of uniquely challenged teens as they work hard to make sense of the world and their place in it. The book includes street language that teens can identify with and readily understand.

The questions posed are frank, courageous and cover such issues as:

- Sex
- Drugs
- Family
- Death.

With answers that often are not easy or pretty **Easy for You to Say** offers practical advice, straight talk and honest answers to questions that many would be too embarrassed to ask.

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