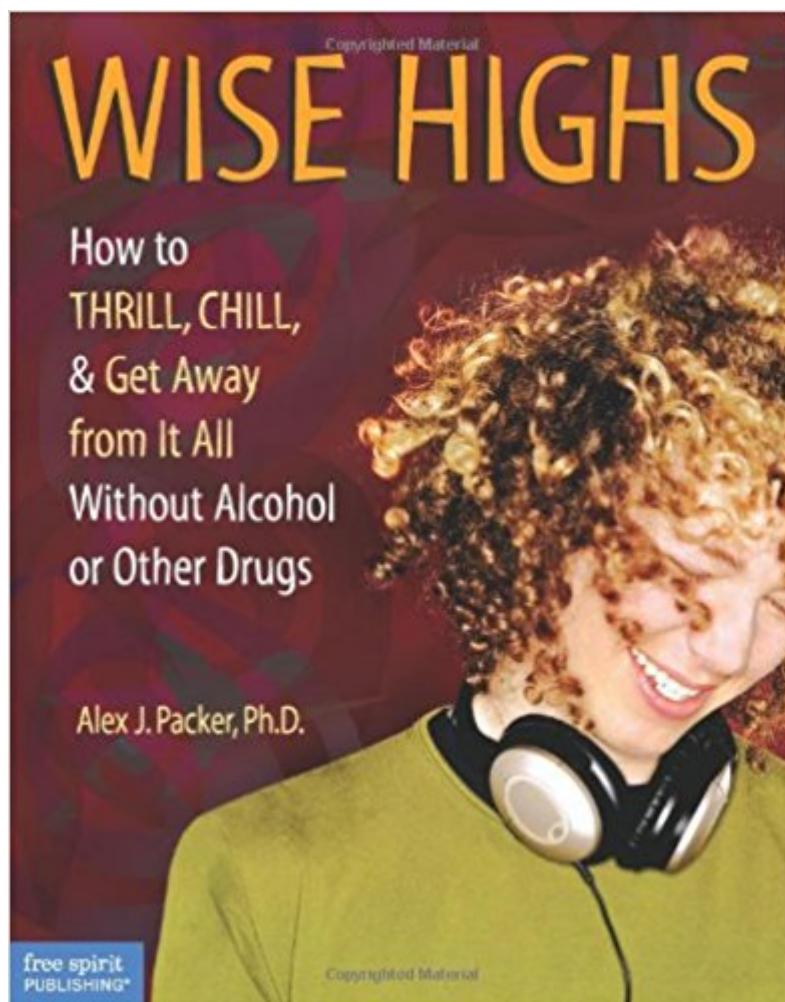


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# Wise Highs: How To Thrill, Chill, & Get Away From It All Without Alcohol Or Other Drugs



## **Synopsis**

The best-selling author of *How Rude!* describes more than 150 ways to feel really, really good-naturally, safely, and creatively. From breathing and meditation to exercise and sports, gardening, music, and games, these are "highs" that can change teens' lives without leaving them dull, burned out, or hung over. Formerly titled *HIGHS!* Includes updated resources.

## **Book Information**

Paperback: 264 pages

Publisher: Free Spirit Publishing; 1 edition (February 15, 2006)

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Product Dimensions: 10.8 x 8.5 x 0.4 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,116,176 in Books (See Top 100 in Books) #56 in Books > Teens > Personal Health > Drug & Alcohol Abuse #229 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance #230 in Books > Teens > Personal Health > Self-Esteem

## **Customer Reviews**

ForeWord Book of the Year Bronze Award  "Children's Choice"  "Book of the Year"  "NY Public Library" 

ForeWord Book of the Year Bronze Award Winner 2006!

Gave as a gift. Assume everything was okay. No complaints. Wish I had the option of limiting future recommendations just to items I buy and ship to myself.

High School students want to know what other kids to get high without drugs or alcohol.

This book is OK, I'm reading it after reading *Stoned Free* and I notice that it uses a lot of things I've

read in Stoned Free (published around 10 years earlier). I would definitely recommend this book for teenagers or even adults who want to get into a different state of mind without using any substances. This book, despite the cover (which I don't like), actually has good information with tons of different methods to get you where you need to be. As someone who has been interested in this subject for years I can say this book doesn't fall short of my expectations for a book on the subject and is actually quite informative. The content is great, the cover...not so much, but hey, it's worth it.

Wise Highs: How To Thrill, Chill, And Get Away From It All Without Alcohol Or Other Drugs by Alex J. Packer (President and CEO of FCD Educational Services, Inc.) is a thoroughly "reader accessible" and invaluable reference for practical, fun, innovative, and healthy explorations into living a life free of alcohol or other mind altering drugs. Introducing the reader to over 150 creative, legal, playful, and insightful "highs", Wise Highs acts as an educational and informative compendium for teens with everything from tips for breathing highs, to exercise highs, help with physical pains, and a collection of Zen and Zen-oriented information. Wise Highs is very strongly recommended to all teens, and their parents who are searching for a positive, knowledgeable guide to a good time.

it came fast, cheap (and not what i paid for cheap), and was intresing, i dont really read any book fully (which i should). but i can say it would really work if u are dedicated to what the book has to say. but this book isnt for mothers who want their kids to get 'high' other ways, i think they would throw it back in their face, cuz i am a kid and thats what i would do. but good book if someone is serious about it for them selves. i really liked their meditative chapters!! :)

I bought this for myself and i love the activities inside. the help you relax and have fun too

I have yet to see if I can get a COMPLETE copy of this book, but I don't want to return it, because it seems to be a great book. It must be a publisher error that these pages are missing, since they clearly don't appear to be torn out, and the book is in perfect condition in every other way.

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Wise Highs: How to Thrill, Chill, & Get Away from It All Without Alcohol or Other Drugs Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Licensed to Thrill 1: Hunt For Jack Reacher Series Thrillers Books 1-3 (Diane CapriÃ¢ -â„¢s

Licensed to Thrill Sets) End Diabetes In 3 Weeks Without Drugs: A Step-by-Step Guide to Eating Right to Prevent and Reverse Type 2 Diabetes Without Drugs HOW TO OVERCOME ADDICTION ON YOUR OWN: SELF-HELP STRATEGIES FOR GETTING CLEAN WITHOUT HELP (GAMBLING, PORNOGRAPHY, MARIJUANA, DRUGS, ALCOHOL, SHOPLIFTING) A Wicked Chill (An Away From Whipplethorn Book 4) Alcohol Lied to Me: The Intelligent Way to Escape Alcohol Addiction Alcohol Lied to Me - New Edition: The Intelligent Escape from Alcohol Addiction Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) The 30-Day No Alcohol Challenge: Your Simple Guide To Easily Reduce Or Quit Alcohol How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Driving With Care: Alcohol, Other Drugs, and Driving Safety Education-Strategies for Responsible Living: The Participant's Workbook, Level 1 Education Driving with Care: Alcohol, Other Drugs, and Driving Safety Education-Strategies for Responsible Living: The Participants Workbook, Level II Education Beyond Beer Goggles: Interactive Teaching Methods for Alcohol, Other Drugs, and AIDS Prevention Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure Prescription Drugs: Understanding Drugs and Drug Addiction (Treatment to Recovery and Real Accounts of Ex-Addicts Volume III "Prescription Drugs Edition Book 3) Abusing Over the Counter Drugs: Illicit Uses for Everyday Drugs (Illicit and Misused Drugs) Percutaneous Absorption: Drugs--Cosmetics--Mechanisms--Methodology: Drugs--Cosmetics--Mechanisms--Methodology, Third Edition, (Drugs and the Pharmaceutical Sciences) New Drugs: Bath Salts, Spice, Salvia, & Designer Drugs (Downside of Drugs) Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs

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