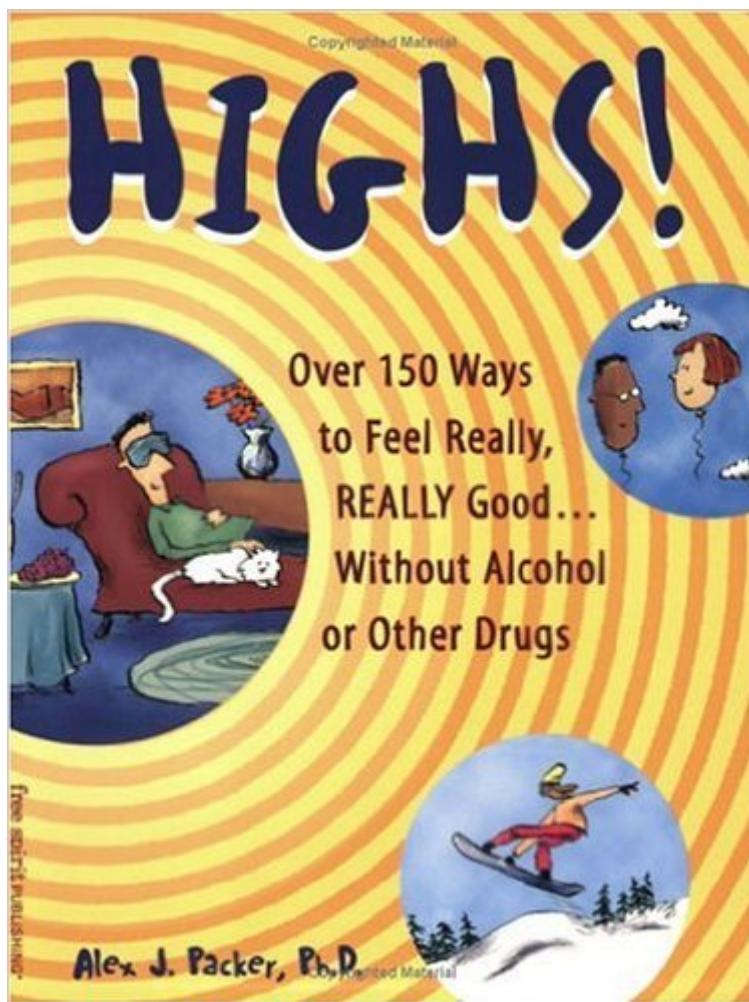


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# Highs! Over 150 Ways To Feel Really, Really Good....Without Alcohol Or Other Drugs



## **Synopsis**

Book by Packer, Alex J., Espeland, Pamela, Tolbert, Jeff

## **Book Information**

Age Range: 12 and up

Paperback: 192 pages

Publisher: Free Spirit Publishing; 29th edition (January 2000)

Language: English

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Product Dimensions: 9.3 x 7.3 x 0.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 starsÂ  [See all reviewsÂ \(5 customer reviews\)](#)

Best Sellers Rank: #368,259 in Books (See Top 100 in Books) #18 inÂ Books > Teens > Personal Health > Drug & Alcohol Abuse #21 inÂ Books > Teens > Personal Health > Body, Mind & Spirit #41 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

## **Customer Reviews**

Alex Packer has written a funny, educational, and comprehensive book on alternatives to getting high with alcohol or other drugs. The book includes examples of alternative highs from teenagers along with humorous illustrations and up-to-date links to websites. I hadn't realized how many non-chemical alternatives there were to getting high. I can't wait to pass this book on to my teenage nephew. I only wish such a book had been available when I was his age!

I highly recommend this book to readers of all ages. Not only is it one of the funniest books I have ever read, it also contains many good methods to sleep better, relax, and most importantly, have fun. The book is true to its title, there are many safe and healthy ways to get a rush of adrenaline, or, just the opposite. There are several full chapters and several partial chapters dedicated to learning how to reduce stress, which is definitely something that most of us need. Another feature of this book is that it tricks kids into learning new things and encouraging a good life style without the feeling of a textbook. I would highly recommend this book to anyone looking for a good, educational, fun, and most of all, entertaining read.

It's all here - what every teen and young adult needs to know about how to feel really well and really

good about themselves. On the premise that human beings like to get high, and that getting high is good, Dr. Packer's newest book tells us how to do it - without relying on alcohol, drugs or other substances. Written and illustrated in an engagingly contemporary way, "Highs" provides the reader with fresh, usable insights on such matters as serenity, nutrition, exercise, and relationships. Organized in three sections and 11 well-outlined chapters, it is possible - perhaps even recommended - that the reader turn to an area of particular interest first. Literate, witty, insightful, and irreverent where it should be, "Highs" is highly recommended to young people and parents alike.

I really love this book. I've been trying to live a drug free life, but the stress and pressures I feel sometimes make me think that it would be easier if I just started drinking beer and smoking weed like everyone else does. But after reading this book and incorporating some of the exercises into my life, I've found it easier to stay away from drugs. This guy has a great sense of humor and really seems to understand kids. I highly recommend this book to anyone who is looking for a way to relieve stress without using drugs. Thanks, Alex. You rock!

In *Highs!*, Alex Packer presents more than one hundred and fifty ways for teenagers and young adults to feel good, really good, without resorting to alcohol or other drugs. Packer's detailed suggestions are divided into "Serenity Highs" (meditation, T'ai Chi Chuan, Yoga); "Physical and Sensuous Highs" (sports, relaxation exercises, food, massage); "Social, Spiritual, and Creative Highs" (nature, fasting, roleplaying games, music, dance, art). An especially recommended compendium of ideas and suggestions for today's youth seeking to avoid the pitfalls of alcohol consumptions and substance abuse in their personal and peer group recreational activities, *Highs!* is enhanced for teen and young adult readers with a bibliography, as well as suggestions for additional readings and resources.

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