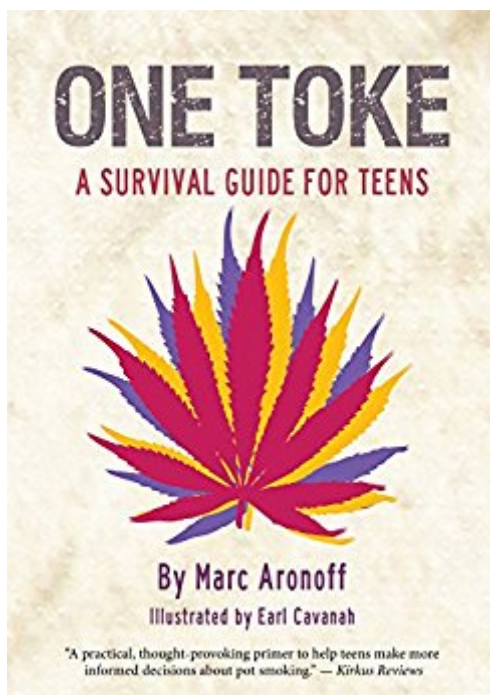


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# One Toke: A Survival Guide For Teens



## Synopsis

Marijuana. In the United States you will find it most everywhere. The question is: Are you interested in knowing more? Adults have made it legal in several states and like it or not, millions of teens smoke pot, some everyday. **ONE TOKE: A Survival Guide for Teens** by Marc Aronoff, is the first book to address teen marijuana use in a straight-forward and useful manner offering parents and teens options for being smart about a controversial subject. Written in short vignettes, **ONE TOKE** neither promotes nor dismisses teen marijuana use. Rather, the book examines how to be smart when tempted to be stupid. Geared for teens who are either considering smoking pot or already smoking and parents who are wondering what to do, • **ONE TOKE** is a no-nonsense resource and guide, covering all the subject matters associated with teen marijuana use, from peer pressure to addiction, and from pot smoking parents to politics. If a young person chooses to smoke marijuana, there is a need to be skillful about it and knowing how to smoke smart is essential for maintaining safety and success both at home or school. Smart means knowing how to make good choices, communicate effectively, and being authentic. For teens, **ONE TOKE** answers a myriad of issues that society has difficult talking about, like "Why Start?" and "Secrets and Lies." For parents, the book offers insight as to what actually happens with their teens and marijuana use and what a "good enough" parent looks like. For the author, who is a Licensed Mental Health Counselor and has worked with youth at risk for over 20 years, the book is meant to serve as a catalyst for further thought and discussion among peers and parents. With color illustrations by award winning graphic artist, Earl Cavanah, the book is sure help both young people and parents alike approach and ultimately deepen their understanding about a controversial yet ever-evolving subject. As John Evans, author of *Marathon Dad* puts it, "Marc Aronoff has started a conversation with **ONE TOKE** that addresses where marijuana fits, and doesn't fit, in the lives of our teenagers. In the end, this conversation is about so much more than weed."

## Book Information

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## Customer Reviews

In this incredibly timely book, Author Marc Aronoff proposes a different conversation about Marijuana and Marijuana use. It is not a book endorsing the illegal use of the drug, rather, it's an open plea to realize that millions of Americans already avail themselves of the substance, both legally and illegally. Instead of making blanket statements regarding abstinence and avoidance, he states, "This is about the reality of smoking pot and harm reduction." That is it in a nutshell, and the thought is both provoking and smart. People, young and old alike, are utilizing pot. State after state is bringing legislation to the fore regarding marijuana, either the recreational legality of it or the concept of legalizing the medical use of it. The landscape has changed, and so must the conversation. How do parents face this new, obvious, world when preparing our teenagers? Aronoff has some ideas. And they just may change your mind about a lot of things. Imbued with science, facts and verifiable studies, the author lends credence to his arguments and the questions he asks. The use of marijuana is deeply explored, from the ages most smokers first try it, the whys behind it, and even the reason most first time tokkers don't really get high after that initial try. Links offer further research and places to continue the dialog. "One Toke: A Survival Guide for Teens" is an indispensable book for both parents and teenagers alike. It offers facts and reality, something modern families desperately need when making decisions and trying to navigate waters filled with conjecture. A great read and addition to your library.

A TERRIFIC, WELL WRITTEN HANDBOOK. REALLY USEFUL.

I have to say that "One Toke" is a very informative book that discusses a subject that most people don't want to talk about or think about: their child doing drugs. I feel the author takes the reader full circle not only with the examples but also with information that is informative and lets you know what motives may be behind your teen's drugs use. At the same time, the book makes you think and see from your teen's point of view. Marc Aronoff is an author who has taken a serious subject and made it more understandable to the average person. I would recommend this book to any parent with a teen in the house.

Having taught courses in drugs and behavior for over 30 years, and also having served for 15 years as a law enforcement officer, I found One Toke to be an exceptionally well written book aimed at educating teens about marijuana. As other reviewers have pointed out, this is NOT a guide to marijuana use nor does the book advocate for the legalization of marijuana. Rather, the book provides scientifically based information about marijuana, its use, and the consequences of its use among teens. Taking the pragmatic (and realistic) approach that many teens will experiment with and regularly use marijuana, Aronoff covers the history, pharmacology, legal, and social/family dynamics of the decision to use the drug. This decision, as the author points out, is not always a rational one. It is often based on natural adolescent curiosity and propensity to engage in risky behavior, or from social pressure from peers. In any case, this engaging book provides teens who ultimately decide to use marijuana with and their parents with objective information on how to do so in a manner that minimizes risks to self and others. And it raises the important question of what constitutes the best approach to minimizing marijuana use among teens. Whether one advocates educating and informing teens about marijuana or total abstinence, history clearly shows that hard-nosed criminalization of marijuana has been an abject failure. I hope this book will stimulate open and informed discussion on the topic.

I have been worried about my kids and what I am going to do to prepare them for the time when they are offered marijuana by a friend or by someone they don't know at a party. This book is a great help to parents like me. Not only has it educated me a little more on the subject, but I feel it is going to help me talk through these issues with my children. I also feel that when I feel that they need to know more about this subject and are old enough I can hand over the book for them to read. It is written for teenagers and each chapter is succinct and easy to read. It is non-judgmental, offering the facts and advice on the subject. This is a brave and slightly controversial book but undoubtedly one that needed to be written.

As parents of teens, we greatly appreciate any book that provides guidelines and conversation starters for talking openly about marijuana. Parents in our school district were praising this book and its straightforward approach to an often uncomfortable topic of conversation. Of course, we had to see what all the buzz was about and ordered a copy for the family. One Toke is an impressive and thoughtful resource which facilitates honest dialogue about expectations and responsible decision making. If there are teens in your home, this book is a must!

Such a perfect book to use for parents that want to talk to teens about safe pot smoking! It's easy to read (both literally because it has a larger font and figuratively) and the illustrations add a nice touch. I would definitely recommend this book to any parent that isn't sure how to go about talking to their kids about pot smoking.

If you are a parent of a teen/young adult that smokes marijuana, then I recommend this book to you. Aronoff gives a practical look at what our teens face today and if they do smoke, he gives advice on not only safe ways to do it, but also makes you aware of if you are an occasional smoker or someone who completely addicted.

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