



## SPINAbilities: A Young Person's Guide to Spina Bifida

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# **SPINAbilities: A Young Person's Guide to Spina Bifida**

## **SPINAbilities: A Young Person's Guide to Spina Bifida**

If you're a teenager with spina bifida, check this book out! It can give you greater independence. Learn from savvy medical professionals with a sense of humor. They offer practical, no-nonsense advice (no b.s.) on managing your daily and long-term helathcare, tips on sex and relationships, and smart strategies for success at school and on the job, now and down the road.



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