

Atlanta Family Practitioner Dr. Kela Henry Announces Release of Debut Book "Nia & The Numbers Game"

"Nia & The Numbers Game: A Teenager's Guide to Education, Relationships & Sex" teaches teenagers about decision-making and helps lead them towards success

NEW YORK, NEW YORK, USA, December 5, 2018 /EINPresswire.com/ -- After meeting hundreds of African-American, Latina and Asian teenage girls throughout her career, author Dr. Kela Henry was compelled to write a book for teen girls that emphasizes the importance of decisions. Told in narrative form, "Nia & the numbers game: A Teenager's Guide to Education, Relationships & Sex" (published by BTH Creations LLC) is a new user-friendly guide for adolescent girls that helps them to learn about the changes occurring in their bodies and how to best navigate the circumstances of their teenage years.



“

Nia and the Numbers Game is an entertaining, sensitive and factual guide for teen girls who are facing decisions about education and sex.”

Haywood Smith, New York Times and USA Today Best-Selling Author

Growing up is a confusing, and often lonely experience. Shining a much-needed light into this darkness is Nia (Swahili for purpose), whose journey to adulthood is wrought with all the struggles of adolescence. Nia's troubles with her divorced and rule-oriented parents, entering puberty, her relationships with both friends and boyfriends, and her academic ambitions are a lens through which readers can understand their own personal development. Readers follow Nia a typical African-American girl, on her life's journey. From changes in her body, to the joy of first love, to the pressures to have sex and on top of all that, applying to college, the book explains to readers how everyday choices directly impacts

one's future. Although Nia makes mistakes along the way, Dr. Henry stresses the importance in how Nia considers and thinks about her actions rather than acting impulsively.

Real experiences shape the snapshots into Nia's life, which act as catalysts for frank discussions about important topics like STDs, pregnancy and trust. Henry follows most of the chapters with a "Let's Talk" section, during which her professional and reassuring voice explains the full context of complex situations and provides facts, medical information and advice.

Whether seeking guidance on strict parents, relationships or furthering education, young people

will find this book a comforting friend to which they can turn for information, counsel and validation. "I want my readers to understand they don't have to compromise their core values in order to have a fulfilled life," says Henry. "I want young girls to be excited about reading the book and about their lives and all the potential and opportunities ahead. If I can do it, they can do it! It's about learning to push forward, no matter what."

For more information about Dr. Henry and Nia and the Numbers Game, including book signings and personal appearance, please visit www.drkelahenry.com.

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"The tone of the book is always casual, yet frank and very Judy Blume-esque in its candor. Overall, Nia & the Numbers Game delivers on what it sets out to do: offering frank discussion and invaluable education while entertaining young readers." - Self-Publishing Review

Book details: "Nia & the Numbers Game" By Kela Henry, MD

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Softcover | 6 x 9 in | 204 pages | ISBN 9780999573600

E-Book | 204 pages | ISBN 9780999573617

Available at Amazon and Barnes & Noble

About the Author

Dr. Kela Henry graduated from the Medical College of Pennsylvania-Hahnemann School of Medicine in 1999 before returning to her home state of Georgia and completing her residency program at the Medical College of Georgia, Augusta. She specializes in family medicine and runs a successful practice in the metro Atlanta area, which is part of the Emory Healthcare System. Dr. Henry is an advocate for all teenage girls with a focus on the African American, Latina and Asian communities. Visit her online at www.drkelahenry.com and for more about the book including



BTH Creations LLC

BTH Creations LLC: A new publishing imprint to inspire and motivate teenage girls



Dr. Kela Henry: Family Practitioner, Author & Speaker

excerpts: www.BTHCreations.com. BTH is a new publishing imprint formed by Dr. Kela Henry. The goal is to inspire and motivate teenage girls to own their education and to find the resources they need to have the life they dream of living, no matter what their circumstances.

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