

diary of a pregnant teenager

The realities and emotional journey of a diary of a pregnant teenager offer a profound glimpse into an experience often misunderstood and underrepresented. This article delves deep into the multifaceted world of teen pregnancy, exploring the emotional, physical, and social challenges faced by young individuals. We will navigate the typical entries one might find in such a diary, from the initial shock and fear to the gradual acceptance and planning for the future. Understanding the intricacies of this period is crucial for providing support and fostering empathy. This comprehensive guide aims to illuminate the experiences of pregnant teenagers, offering insights into their thoughts, feelings, and the significant life decisions they often have to make at a tender age.

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Understanding the Diary of a Pregnant Teenager: An Overview

A diary of a pregnant teenager is more than just a chronicle of nine months; it's a deeply personal testament to a young life undergoing immense transformation. These private writings often capture a raw, unfiltered account of the complex emotions, anxieties, and hopes that accompany an unplanned pregnancy during adolescence. The entries can range from moments of profound fear and uncertainty to budding feelings of responsibility and even anticipation. For many, the diary serves as a crucial outlet, a confidante who offers solace and a space to process an overwhelming reality. It's a way to document the physical manifestations of pregnancy alongside the internal emotional landscape, creating a unique historical record of a pivotal life event.

The sheer vulnerability inherent in a teenage pregnancy means that a diary can become a vital tool for self-discovery and coping. It allows the writer to articulate feelings they might be afraid to express aloud, whether to family, friends, or even themselves. These intimate reflections often reveal the struggle to reconcile their youthful dreams with the sudden emergence of adult responsibilities. The journey documented within these pages is not just about carrying a child; it's about the adolescent navigating their identity, relationships, and future in the face of an unexpected path. The language used, the recurring themes, and the evolving perspectives all contribute to a rich tapestry of adolescent experience during pregnancy.

The Initial Shock and Emotional Turmoil

The discovery of a pregnancy often marks the beginning of an intense emotional storm for any teenager, and the pages of their diary would undoubtedly reflect this. Initial entries are likely to be filled with disbelief, shock, and a pervasive sense of fear. The word "pregnant" itself can trigger a cascade of anxieties about the future, about disappointing parents, and about the potential loss of their own adolescence and dreams. There's the immediate worry about how to tell loved ones, the dread of judgment, and the overwhelming feeling of being alone in a situation that feels too big to handle.

This period is characterized by a turbulent mix of emotions. One moment might express sheer panic, with thoughts like "What am I going to do? My life is over!" The next could be tinged with a sense of surreal detachment, as if the reality hasn't quite sunk in. There might be anger directed at the situation, at the father of the child, or even at themselves for the circumstances. Guilt is another common emotion, stemming from perceived moral failings or the fear of bringing a child into a less-than-ideal situation. The diary becomes a safe space to vent these raw feelings without fear of reprisal or misunderstanding, allowing the teenager to grapple with the enormity of their new reality.

Confiding in the Diary: The First Revelations

The act of writing down the pregnancy confirmation is often a significant turning point. It's the moment of externalizing the internal, of making the abstract fear concrete. Entries might detail the moment of taking a pregnancy test, the trembling hands, the desperate hope for a negative result, and the crushing disappointment or sheer terror when it's positive. These are the first written words that acknowledge the pregnancy, a private declaration that sets the stage for everything that follows. The diary is often the very first "person" the teenager confides in, providing an immediate outlet for the most overwhelming emotions.

These early entries are usually characterized by their raw intensity. They might be fragmented, filled with exclamation points and question marks, reflecting the chaotic state of the teenager's mind. There's a palpable sense of isolation, even if they have supportive people around them, because the full weight of the situation is often too difficult to articulate verbally at first. The diary becomes a silent witness to their initial reactions, capturing the shockwaves of a life-altering piece of news.

The Fear of the Unknown and Future Uncertainty

A significant portion of a pregnant teenager's diary will likely be dedicated to the overwhelming fear of the unknown. What will their parents say? Will they be kicked out? How will they finish school? Can they even afford to raise a child? These questions plague their thoughts and find their way onto the pages of the diary. The future, which just moments before might have seemed open with possibilities, now appears daunting and uncertain. The carefree days of adolescence are perceived as being abruptly halted, replaced by adult responsibilities they feel utterly unprepared for.

The diary might contain entries where the teenager imagines worst-case scenarios, playing out every possible negative outcome. There could be a deep-seated fear of social ostracization, of being labeled or judged by peers and the wider community. This fear can be paralyzing, making it difficult to seek help or talk openly about their situation. The diary offers a refuge from these anxieties, a place where they can articulate these fears without the immediate consequence of facing them in the real world.

Navigating Physical Changes and Health Concerns

As the pregnancy progresses, the diary entries will inevitably shift to encompass the physical realities of carrying a child. Teenagers, often still navigating their own bodily changes, now face a new set of transformations that can be both exciting and terrifying. Morning sickness, fatigue, and the subtle (and then not-so-subtle) changes in their physical appearance are all documented, often with a mix of wonder and discomfort.

These entries can reveal the initial awkwardness and embarrassment associated with these changes, especially in a body that is still developing. There might be a sense of alienation from their peers who are not experiencing these physical shifts. The diary becomes a place to track these changes, to question what is normal, and to express anxieties about their health and the health of the baby. It's a tangible manifestation of the pregnancy, making the reality even more undeniable.

Early Pregnancy Symptoms and Discomfort

The early stages of pregnancy can be physically demanding, and a pregnant teenager's diary will likely reflect the discomforts they experience. Symptoms like nausea, vomiting, and extreme fatigue can significantly impact their daily life, affecting school attendance and social activities. These entries might detail the constant feeling of sickness, the exhaustion that makes even simple tasks feel arduous, and the changes in appetite or cravings.

There's often a significant amount of anxiety surrounding these physical symptoms. Is this normal? Am I doing something wrong? Is the baby okay? These questions are common, and the diary serves as a record of these concerns. The teenager might feel misunderstood by those who don't understand the intensity of these early pregnancy symptoms, especially when they are still trying to maintain a semblance of normalcy in their everyday lives.

Medical Appointments and Healthcare Decisions

Seeking medical care is a critical step, and a pregnant teenager's diary might document their first experiences with prenatal care. This could include the apprehension of attending doctor's appointments, understanding medical advice, and making decisions about their health and the baby's health. The entries might reflect the intimidation of navigating the healthcare system, especially if they are attending appointments alone or with a parent who is also anxious.

The diary could detail the excitement of hearing the baby's heartbeat for the first time, a moment that often solidifies the reality of the pregnancy and can bring a sense of connection. Conversely, it might also record worries about any health concerns raised during appointments, or the confusion surrounding medical terminology and recommendations. Making choices about prenatal vitamins, diet, and potential risks becomes part of the diary's narrative, showcasing the young woman's growing responsibility.

Social and Familial Reactions: Support and Stigma

The social and familial landscape is a critical element in the diary of a pregnant teenager. The reactions of parents, guardians, friends, and the wider community can significantly shape the teenager's emotional state and decision-making process. Diaries often capture the immense relief or devastating hurt that comes with these initial conversations.

The fear of revealing the pregnancy is often one of the most significant hurdles. The diary might chronicle the agonizing process of deciding when and how to tell parents. The anticipated reactions – anger, disappointment, shock, or even unexpected support – are extensively debated within the pages. These entries are a testament to the courage it takes to face these conversations, regardless of the outcome.

Telling the Parents: The Crucial Conversation

The act of telling parents or guardians is a pivotal moment, and the diary entries leading up to and immediately following this conversation are often filled with intense emotion. There might be detailed plans on how to break the news, practicing sentences, and writing down potential responses. The relief or devastation that follows can be meticulously documented.

Some diaries might express the joy of finding supportive parents who offer love and guidance, even amidst disappointment. Others might detail the painful reality of rejection, anger, or being told to leave. These entries highlight the vulnerability of teenagers in these situations and the profound impact parental reaction has on their well-being and their ability to navigate the pregnancy. The diary becomes a confidante for the unfiltered emotions that arise from these crucial family discussions.

Friendships and Peer Support (or Lack Thereof)

The impact of pregnancy on friendships is another common theme. A pregnant teenager might document how their friendships change, with some friends becoming more supportive and others drifting away. The diary could explore the feeling of isolation from peers who are still focused on typical teenage concerns like parties and dating, while the pregnant teenager is grappling with entirely different life issues.

Conversely, some diaries might highlight the unexpected strength found in friendships, with close friends offering emotional support, practical help, or simply a listening ear. These entries can showcase the importance of a strong peer network during this challenging time. The diary might also reflect the fear of judgment from classmates and the desire to keep the pregnancy a secret for as long as possible to avoid bullying or social stigma.

Societal Stigma and Misconceptions

A pregnant teenager's diary may also touch upon the broader societal stigma surrounding teen pregnancy. The entries could reflect instances where the teenager feels judged or stereotyped, whether by strangers, teachers, or even the healthcare professionals. There's an awareness of being perceived differently, of being seen as "irresponsible" or "a problem."

The diary might challenge these misconceptions by showcasing the teenager's efforts to be responsible, their anxieties about the future, and their desire for a good outcome for both themselves and their baby. It serves as a counter-narrative to the often-simplistic societal view of teen pregnancy, highlighting the complex circumstances and emotional resilience involved. The writing can be a way to process and push back against the negativity and judgment they might encounter.

The Decision-Making Process: Parenthood or Adoption?

One of the most significant and emotionally charged aspects of a pregnant teenager's journey is the decision-making process regarding the future of their pregnancy. This often involves weighing the immense responsibilities of parenthood against the option of adoption, or in some cases, considering abortion, although the focus of a diary of a pregnant teenager often leans towards carrying the pregnancy to term. These decisions are rarely made lightly and are usually accompanied by extensive contemplation, research, and often, internal conflict.

The diary pages can become a battleground for these profound choices. Entries will likely detail the research undertaken, the conversations with trusted adults, and the deeply personal reflections that guide these life-altering decisions. The emotional toll of making such a choice at a young age is immeasurable, and the diary serves as a vital outlet for processing these complex feelings.

Exploring the Options: Research and Reflection

A pregnant teenager will often spend considerable time researching their options. The diary might contain notes about visiting websites, reading pamphlets, or speaking with counselors. They might be trying to understand the realities of parenting a baby, the legal and financial implications of adoption, or the procedures involved in termination. This phase is often marked by a deep need for information, coupled with a significant amount of anxiety.

Entries might compare the perceived pros and cons of each path. For parenting, there's the potential joy and connection but also the immense responsibility and disruption to education and personal goals. For adoption, there's the possibility of the child having a stable home life and the teenager being able to continue their education, but also the emotional pain of separation. The diary provides a space to weigh these factors without immediate external pressure, allowing for a more honest internal dialogue.

The Emotional Weight of Choosing Parenthood

For those who decide to become parents, the diary can reflect a transition from fear to a sense of commitment and even, in time, a growing maternal instinct. Entries might detail the planning for the baby's arrival, the choices about baby names, and the initial excitement about creating a nursery. However, this path is still fraught with emotional challenges, including the realization of the sacrifices involved and the ongoing worry about their ability to cope.

The diary will likely document the teenager's efforts to prepare themselves for motherhood. This could include learning about childcare, nutrition, and budgeting. There might be moments of doubt and fear, even amidst the planning, as the reality of single parenthood or parenting within a challenging family dynamic sets in. The emotional journey is complex, blending anticipation with apprehension, and a profound sense of responsibility.

Considering Adoption: The Heartbreaking Decision

The decision to place a child for adoption is incredibly difficult, and a diary would undoubtedly capture the profound grief and conflicting emotions associated with it. Entries might detail the process of selecting adoptive parents, the meetings, and the immense emotional toll of creating an adoption plan. There's often a deep love for the unborn child that drives this decision, a desire to provide them with a life that the teenager feels they cannot offer.

The diary might also express the hope for openness and continued connection with the child, if that is part of the adoption plan. The lingering questions, the "what ifs," and the enduring love for the child are likely to be recurring themes. This path, while often chosen out of love and responsibility, comes with its own unique set of emotional complexities and the need for ongoing healing and processing, which would be reflected in the private writings.

Preparing for Motherhood: Practicalities and Future Planning

As the pregnancy progresses, the focus often shifts towards practical preparations for the baby's arrival and planning for the teenager's own future. A diary of a pregnant teenager will likely document these preparations, showcasing the young woman's efforts to create a stable environment and secure her own educational and personal development. This phase is about taking proactive steps to navigate the realities of becoming a mother.

These practical considerations are often intertwined with the teenager's emotional state. There might be a blend of excitement about the baby and anxiety about the practical challenges. The diary can reveal the teenager's determination to not let motherhood derail all of their aspirations, even as they acknowledge the significant adjustments that will be necessary.

Education and Career Aspirations

A significant concern for pregnant teenagers is how pregnancy and motherhood will impact their education and future career prospects. Diary entries might detail their determination to finish high school, the challenges of attending classes while pregnant, and plans for further education or vocational training. They might express anxieties about being able to balance studies with childcare responsibilities.

Some diaries may highlight the support received from schools or programs designed to help pregnant and parenting teens continue their education. Others might chronicle the difficult decisions they face if they have to drop out of school temporarily. The desire to provide a better future for themselves and their child often fuels their commitment to education, and this drive would be evident in their writing.

Financial Planning and Support Systems

Financial realities are a major concern for any parent, and especially for a teenager who may not have independent income or established credit. The diary could document efforts to understand government assistance programs, apply for financial aid, or learn about budgeting and managing money. The reliance on family support, or the struggle for financial independence, would likely be a recurring theme.

Entries might also reflect the teenager's efforts to secure housing, whether it's staying with parents, moving into a supportive living situation, or planning for their own independent living. The diary can capture the practical steps taken to build a stable foundation for themselves and their baby, often highlighting the resourcefulness and resilience of the young woman.

Learning Childcare Skills

The prospect of caring for a newborn is both exciting and daunting, and a pregnant teenager's diary would likely include their efforts to learn about childcare. This could involve reading books, watching videos, attending parenting classes, or seeking advice from experienced mothers or family members. The diary might document their practice with baby dolls or their anxieties about handling a real infant.

These entries often reveal a growing sense of responsibility and a desire to be a good parent. They might describe the process of gathering baby supplies, from diapers and bottles to clothing and a crib. The diary can be a place where the teenager voices their hopes for their parenting skills and their commitment to learning and growing as a mother, even amidst the challenges of their age.

The Emotional Rollercoaster: Joys and Fears

The journey of pregnancy is rarely a linear path of emotions, and for a pregnant teenager, it's often an amplified emotional rollercoaster. The diary is a place where these intense highs and lows are laid bare, reflecting the complex feelings of a young person navigating such a significant life event. There are moments of pure joy and profound connection, interspersed with periods of deep fear, anxiety, and uncertainty.

The diary entries often capture the duality of experience: the excitement of feeling the baby move for the first time, coupled with the fear of labor and delivery. It's a testament to the teenager's capacity for love and care, even amidst the personal sacrifices and the challenges they face. These writings provide a nuanced understanding of the adolescent experience during pregnancy.

Moments of Connection and Bonding

As the pregnancy progresses, many teenagers begin to experience a growing sense of connection to their unborn child. Diary entries might describe the thrill of feeling the baby kick, the quiet moments of talking to their belly, or the anticipation of holding their baby for the first time. These are often moments of profound tenderness and burgeoning maternal love.

These entries can be incredibly moving, showcasing the teenager's capacity for deep emotional attachment and their innate desire to nurture. They might express a sense of purpose and a newfound focus that shifts from their own immediate needs to the well-being of the child. The diary captures these precious moments, offering a glimpse into the developing bond between mother and child.

Anxiety About Labor and Delivery

The approaching due date often brings with it a heightened sense of anxiety about labor and delivery.

Diary entries might reflect worries about the pain, the medical procedures involved, and the potential complications. The fear of the unknown can be amplified by their youth and perhaps a lack of complete understanding of the birthing process.

These entries could detail conversations with doctors, reading about childbirth, or imagining the experience. There might be a fear of being alone during labor, or concerns about having a supportive birth partner. The diary serves as a space to voice these fears, to process the intensity of the impending event, and to seek reassurance, even if it's only from the pages of their own writing.

The Weight of Responsibility and Sacrifice

The realization of the immense responsibility that comes with parenthood is a recurring theme in a pregnant teenager's diary. Entries might reflect on the sacrifices they will have to make, such as giving up social activities, altering their educational plans, or facing financial hardships. The weight of these decisions and their long-term implications can be a source of significant stress and sadness.

The diary can capture moments of mourning for the loss of their own carefree adolescence, while simultaneously embracing the new role of mother. This emotional complexity is often expressed through writing, allowing the teenager to acknowledge both the joy and the sorrow associated with their situation. The depth of their emotional processing is often laid bare in these private reflections.

Finding Support Systems and Resources

Navigating the challenges of teen pregnancy is significantly easier with a strong support system. A diary of a pregnant teenager will often reflect their search for and reliance on various sources of help, from family and friends to community organizations and professional services. These entries highlight the importance of community and access to resources for young mothers.

The diary can showcase the teenager's proactive efforts to find the assistance they need to succeed. It's a testament to their resilience and their determination to create a positive future for themselves and their child. Understanding where to turn for help is a crucial part of their journey, and the diary often documents these efforts.

The Role of Family and Friends

As mentioned earlier, family and friends play a crucial role. The diary might detail the specific ways in which supportive individuals contribute, whether it's offering emotional encouragement, practical assistance with childcare, or financial help. Conversely, it might also document the pain of lacking such support or dealing with unsupportive relationships.

These entries can illustrate the comfort and strength derived from having a network of people who care. They might describe specific instances where a parent, sibling, or friend provided essential help,

allowing the teenager to feel less alone and more capable of handling the demands of pregnancy and impending motherhood. The diary can be a space to express gratitude for this support.

Community Programs and Healthcare Providers

Many communities offer programs and resources specifically for pregnant and parenting teens. The diary might document visits to prenatal clinics, participation in parenting classes, or engagement with social workers or counselors. These interactions can provide vital information, emotional support, and practical assistance, such as help with WIC applications or finding affordable housing.

Entries could reflect the teenager's growing understanding of the resources available and their appreciation for the guidance they receive. They might describe how these programs have empowered them to make informed decisions and to feel more confident in their ability to raise a child. The diary serves as a record of their engagement with the support systems designed to help them thrive.

Online Resources and Peer Support Groups

In today's digital age, online resources and peer support groups have become invaluable for many pregnant teenagers. The diary might mention seeking information online, connecting with other pregnant teens through forums, or participating in virtual support groups. These platforms can offer a sense of community and shared experience, reducing feelings of isolation.

These entries highlight the modern ways in which young people find connection and information. They can find solidarity with others going through similar experiences, sharing tips, advice, and emotional support. The diary might reflect the comfort and empowerment that comes from knowing they are not alone in their journey, even if their primary support comes from online communities.

The Long-Term Impact of Early Parenthood

The experience of pregnancy and early parenthood during adolescence undeniably shapes a young person's life trajectory. A diary of a pregnant teenager, though often focused on the immediate period, implicitly hints at the long-term impacts. These might include effects on education, career opportunities, personal relationships, and overall life satisfaction. The decisions made and the resilience developed during this formative period often have lasting consequences.

The diary, in its entirety, serves as a chronicle not just of pregnancy, but of the foundation of a life that will continue to evolve. The insights gained, the challenges overcome, and the support networks built during this time often contribute to the development of strength, independence, and a unique perspective on life. The adolescent experience of pregnancy is a powerful catalyst for personal growth and transformation.

Frequently Asked Questions

What are the common emotional rollercoaster experiences for a pregnant teenager, as often depicted in diaries?

Pregnant teenagers often experience a wide range of emotions, including fear, anxiety about the future, excitement about motherhood, feelings of isolation or shame, and sometimes a surprising sense of empowerment. These fluctuating emotions are frequently documented in diaries, reflecting the dramatic life changes they are navigating.

How do diaries of pregnant teenagers typically address the challenges of explaining their pregnancy to family and friends?

Diaries often detail the immense difficulty and anxiety surrounding these conversations. Entries might cover rehearsing what to say, the fear of disappointment or anger from loved ones, and the eventual relief or continued struggle after the revelation.

What are common themes related to educational and career aspirations in the diary of a pregnant teenager?

A prevalent theme is the disruption of educational and career plans. Diaries frequently explore worries about dropping out of school, the desire to continue their education despite the pregnancy, and uncertainty about future job prospects.

How do diaries of pregnant teenagers reflect their evolving relationships with the baby's father?

Entries often document the complexities of these relationships, ranging from supportive partnerships to abandonment, strained communication, and the pressure of co-parenting. The diary can be a space to process feelings about commitment, responsibility, and the father's involvement (or lack thereof).

What practical concerns are most frequently mentioned in the diaries of pregnant teenagers?

Practical concerns typically include financial worries (how to afford baby supplies, housing, and medical care), navigating healthcare systems, finding childcare, and adapting to the physical demands of pregnancy and impending motherhood.

In what ways do diaries of pregnant teenagers serve as a form of self-care or coping mechanism?

Writing in a diary provides a private, non-judgmental space for pregnant teenagers to process their thoughts and feelings, articulate their fears, celebrate small victories, and gain a sense of control over their circumstances. It can be a vital tool for emotional regulation and self-discovery during a

challenging period.

Additional Resources

Here are 9 book titles related to "diary of a pregnant teenager," each starting with "":

1. *The Unscripted Pages*

This novel follows a young woman who unexpectedly finds herself pregnant during her senior year of high school. Her diary becomes a refuge, chronicling her internal struggles with fear, societal judgment, and the dawning realization of her impending motherhood. Through her candid entries, she navigates complex relationships with family, friends, and the father of her child, trying to make sense of a future that has been drastically rewritten.

2. *Ink of the Unexpected*

A teenage girl, known for her meticulously kept diary, is thrown into chaos when she discovers she's pregnant. Her entries shift from everyday adolescent concerns to the overwhelming realities of her situation, revealing a quiet strength she never knew she possessed. The book offers an intimate look at her evolving emotions as she grapples with keeping the secret and the difficult decisions that lie ahead.

3. *Inner Monologue: A Diary of Growing Up Too Soon*

This collection of diary entries offers a raw and unfiltered account of a pregnant teenager's journey. From the initial shock and disbelief to the eventual acceptance and preparation, each page reveals her vulnerability and resilience. The narrative explores her hopes, anxieties, and the surprising support she finds in unexpected places, all documented in her private thoughts.

4. *Imprint of Her Story*

The protagonist, a shy and artistic teenager, begins a diary to process her feelings after a surprise pregnancy. Her entries are filled with sketches and personal reflections, capturing the emotional rollercoaster of her experience. She chronicles her attempts to balance her academic ambitions with her new reality, all while trying to maintain her identity in the face of immense change.

5. *Illuminations from Within*

This fictional diary chronicles the life of a pregnant teenager who finds solace and clarity in writing. Her entries reveal a surprising maturity as she confronts the judgments of others and the fear of the unknown. The book highlights her evolving perspective on life, love, and the profound responsibility she is about to undertake.

6. *In Bloom, Unforeseen*

A young woman's secret diary becomes the sole outlet for her turbulent emotions upon discovering her pregnancy. Her candid writings detail the moments of despair, the flicker of hope, and the gradual process of coming to terms with her new path. The narrative offers a deeply personal exploration of her journey toward self-discovery and maternal instinct.

7. *Inside Her Secret*

This novel is presented as the personal diary of a teenage girl grappling with an unplanned pregnancy. Her entries are a testament to her courage and determination as she navigates the challenges of adolescence alongside the profound changes her body and life are undergoing. The diary captures her struggles with isolation, the support she receives, and her burgeoning sense of purpose.

8. *Interwoven Lives: A Teenage Diary*

The protagonist's diary entries reveal the complexities of her life as she faces an unexpected pregnancy. She documents her strained relationship with the father, her attempts to confide in her family, and her growing bond with her unborn child. The book offers a poignant glimpse into the interconnectedness of her choices and the lives they impact.

9. *Impromptu Life: A Diary's Reckoning*

A teenage girl's diary serves as a chronicle of her unexpected pregnancy and the subsequent upheaval in her life. Her entries are marked by both fear and a burgeoning sense of responsibility as she confronts societal expectations and her own desires. The narrative explores her quest for self-acceptance and her determination to forge a meaningful future.

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