Why Energy Drinks are Good for You (and other Stupid Ideas) is a bold, funny, no-BS title from the Stupid Ideas Series for teens and young adults.

It breaks down what energy drinks really do to your body and brain from crashes and anxiety to sleep, focus, and dependency and exposes the marketing tricks that make them look harmless.

You'll get straight facts, real-life scenarios, and practical tools to stay sharp, handle pressure, and choose smarter fuel without being preached at.