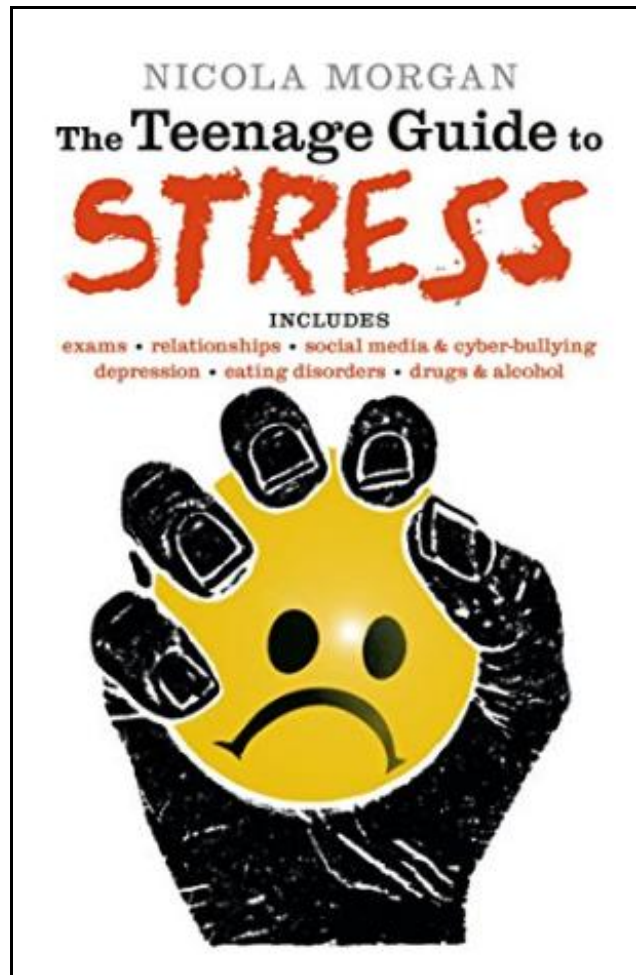


## The Teenage Guide to Stress



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*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Ms. Ora Buckridge)*

## THE TEENAGE GUIDE TO STRESS



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Walker Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Teenage Guide to Stress, Nicola Morgan, Nicola Morgan is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is the author of the internationally renowned *Blame My Brain: The Amazing Teenage Brain Revealed* (shortlisted for the Aventis prize for science) and has spoken in schools and at conferences around the world. Now *The Teenage Guide to Stress* - written for teenagers but essential for adults who want to understand - tackles all the external stresses that teenagers face, including feelings of anger, sadness (and depression), fear and failure; issues caused by changing bodies, body hatred, weight problems, eating disorders and self-harm; pressures of exams and schoolwork; sleep problems; changing relationships with friends and family; boyfriend/girlfriend issues and sexual pressures; bullying and cyber-bullying; problems arising from the internet; and looks at how pre-existing conditions such as OCD and dyslexia may be affected by adolescence. As well as a sympathetic, practical and positive look at all those stresses, *The Teenage Guide to Stress* clearly explains the biology behind stress and, crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms. A list of useful resources completes this fantastically wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.



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