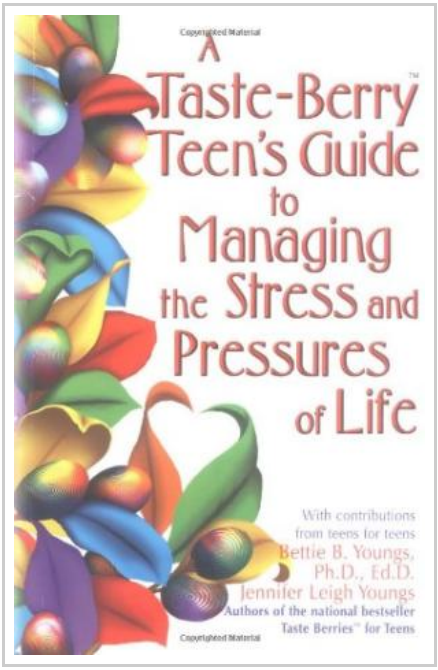


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A Taste Berry Teens Guide to Managing the Stress and Pressures of Life Taste Berries Series

By Bettie B. Youngs

HCI Teens. Paperback. Book Condition: New. Paperback. 332 pages. Dimensions: 8.4in. x 5.4in. x 0.8in.Like its predecessors in this phenomenal series, this new addition tackles the pressures of being a teen through a combination of stories and compassionate wisdom provided by the motherdaughter team of Bettie and Jennifer Youngs. In A Taste-Berry Teens Guide to Managing the Stress and Pressures of Life, teens will learn how to: Understand what stress is-and isnt Examine how they respond to stressful situations and how effective it is Determine how stress affects their physical and emotional behavior Minimize stress and stay cool under pressure through some terrific (and time-tested) intervention and prevention strategies Get through stressful situations and use them to their advantage. Stories written by teens demonstrate the issues that are a source of stress for them, including schoolwork, dating, moving, parents divorce, weight problems and sexual identity. To cope with these problems, the author suggests three skills for helping teens think their way through stressful times. Practical stress-busting techniques are also provided in each chapter. A Taste-Berry Teens Guide to Managing the Stress and Pressures of Life is sure to be the next big success in this extraordinary teen series. This item...

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