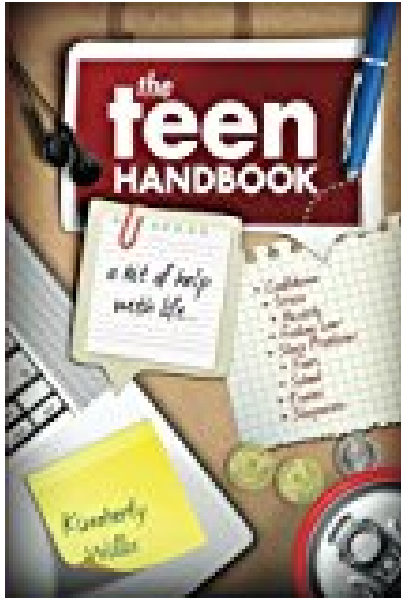


The Teen Handbook A bit of help with life.



BOOK DETAILS

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- Pages : 154 Pages
- Publisher : Spiffing Covers
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BOOK SYNOPSIS

The Teen Handbook A bit of help with life Being a teenager can be hard. It can feel like there is no-one you can turn to, no-one who will understand that you have problems sleeping, get anxious about tests, or panic at the thought of a presentation. This book contains easy solutions to some key teenage issues: Confidence Stress and Anxiety Feeling Low Sleep Problems Fears School Exams Sleepovers You will learn easy techniques like EFT (tapping), acupressure points, breathing and mindfulness. Kimberly Willis, PhD is a therapist based in Sheffield, UK. Working with children, teens and adults.

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