



Fighting Invisible Tigers: Stress Management for Teens

By Earl Hipp

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Stress is something we all experience. But research suggests that adolescents are affected by it in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive self-talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I'm stressed out!"

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Editorial Review

Review

"This best-selling book by Earl Hipp gives teens information on how stress affects health and decision-making. While it is not faith based, students will learn stress-management skills, such as assertiveness, time management and relaxation exercises." —YouthWorker Journal, January/February 2009

"Straightforward, enjoyable, easy-reading style.... Excellent reading for those in the mental health field or anyone working with teenagers." —National Mental Health Association

"Provides useful, practical tools and ideas for folks of any age." —Whole Earth Magazine

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