



A Happier Adolescence: 50 Daily Practices to Survive Your Teenage Years (Paperback)

By Dr Daniel Robert Mitchell

Createspace, United States, 2014. Paperback. Book Condition: New. Fred Sovie (illustrator). 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This book provides coping skills to assist tweens and teens through what has been suggested as the most difficult developmental phase of life. The book can be used more as a cookbook with recipes to make your day better. One of the great things about this book is the reader does not have to read the book all the way through, and can even randomly open the book to a coping skill to try for the day. These coping skills are creative, fun, calming, and many are supported by research to enhance your mood. This book is written at about a 4th or 5th grade reading-level so most individuals in this age-range will be able to understand the material. Happy reading!.



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Reviews

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

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Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover.

-- **Victoria Hickie PhD**