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THE TEENAGE GUIDE TO STRESS (PAPERBACK)



Walker Books Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Essential reading for teenagers and the adults who care about them. A fantastically wide-ranging, reassuring, eye-opening and comprehensive look at the stresses many teenagers face, empowering them to take control of their mental health and wellbeing.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:...

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- Authored by Nicola Morgan
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