



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

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

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger