



The Teen Handbook: A Bit of Help with Life.

By Dr Kimberly Willis

Spiffing Covers. Paperback. Book Condition: New. Paperback. 154 pages. Dimensions: 9.2in. x 6.1in. x 0.3in. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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