



Stress-Proof Your Teen: Helping Your Teen Manage Stress and Build Healthy Habits (Paperback)

By Heath Dingwell

Turner, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. A practical guide to helping your teen tackle the tough issues and giving them the tools for success. Drinking. Being popular. Making good grades. Being thin and fit. Today's teens are constantly bombarded with issues from their classmates, friends, and the media. Trying to handle everything causes stress that can lead to anxiety, depression, alcohol abuse, eating disorders, and even suicidal thoughts. Don't be left in the dark. With fact-driven research and practical advice, Stress-Proof Your Teen addresses these problems to help you help your teens de-stress and live up to their full potential. Topics include: Do my teen's behaviors and eating habits signal a problem? Does my teen have a psychological disorder? How can I help them manage it? How do I know if my teen has been drinking or doing drugs? If so, what can I do? How can I help my teen maintain healthy dating relationships and friendships?.



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