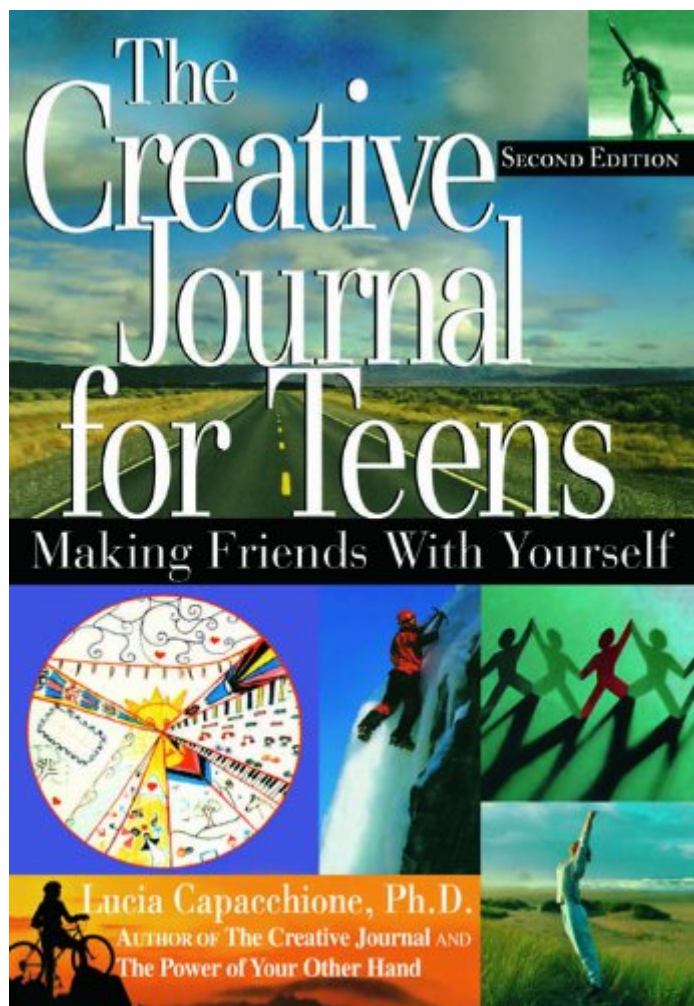


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# The Creative Journal For Teens



## Synopsis

This highly acclaimed guide helps teenagers express their true feelings and thoughts in the safe, nonjudgmental atmosphere of personal journal-keeping. Lucia Capacchione offers teenagers easy techniques for understanding their deepest thoughts, expressing their real selves, clarifying their goals, visualizing the future, and achieving self-reliance. Adolescence can be a rough period and is often confusing for teens and their parents. The growing pains of adolescence are acknowledged and dealt with effectively in this guide with personal self-expression through words and pictures. Using the journal method described within strengthens self-identity and confidence while helping teens improve written communication and artistic skills.

## Book Information

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## Customer Reviews

I am very happy with this journal for teens, my 15 year old daughter is not the type of kid to just sit down and write so when I saw this I thought it would be perfect for her. Instead of being just blank pages like a typical journal it is a guided book where it will ask specific questions about things that may have happened in your life or it may tell you to draw a picture about a life event. It is really cool

for the kid who has a hard time putting words to paper. I would recommend this to parents of kids that may have emotional or behavior problems, but at the same time it is also good for just your everyday average teen that has a hard time expressing themselves.

One of many great books by this author. It was a perfect gift for my granddaughter turning 13.

Her best creative journal. While it's for children, the author made the instructions and purposes of the exercises clear and easy to understand. We bought the children's, teens, and adult versions of this book. The children's version was the one everyone used.

As an English teacher, I use *The Creative Journal for Teens: Making Friends With Yourself* for journal topic ideas even though it seems to be meant as a teen's personal and private journal. Some of the topics are repetitive and others I feel are too personal for me to be asking my students to write about. It has given me some great ideas nonetheless and I think a teen that likes to write or has shown interest in journaling would love this book. I know I would have thoroughly enjoyed this book as a teenager.

Great boy for teens to express themselves.

Very useful in my therapy sessions. I work with several youth that express themselves better through non verbal ways. I

Some parts are helpful but not all.

Teens and resources for building rapport for cooperation is a tough one. This purchase is used in a hospital setting and is AWESOME!

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