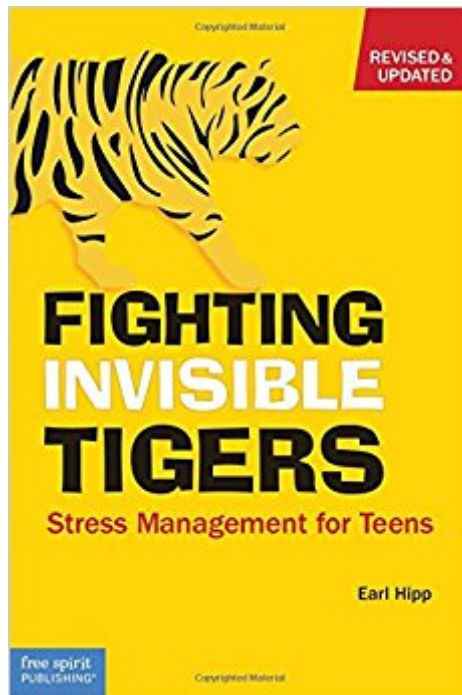


The book was found

# Fighting Invisible Tigers: Stress Management For Teens



## Synopsis

Stress is something we all experience. But research suggests that adolescents are affected by it in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive self-talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I'm stressed out!"

## Book Information

Paperback: 144 pages

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Language: English

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Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 21 customer reviews

Best Sellers Rank: #132,743 in Books (See Top 100 in Books) #40 in Books > Teens >

Education & Reference > Social Science > Psychology #54 in Books > Teens > Social Issues

> Self-Esteem & Self-Reliance #55 in Books > Teens > Personal Health > Self-Esteem

## Customer Reviews

"This best-selling book by Earl Hipp gives teens information on how stress affects health and decision-making. While it is not faith based, students will learn stress-management skills, such as assertiveness, time management and relaxation exercises." —YouthWorker Journal, January/February 2009 "Straightforward, enjoyable, easy-reading style.... Excellent reading for those in the mental health field or anyone working with teenagers." —National Mental Health Association "Provides useful, practical tools and ideas for folks of any age." —Whole Earth Magazine "Helps you understand how stress affects your mind and body. It also gives both long- and short-term strategies for dealing with stress effectively." —New Moon Magazine "A top pick for community library parenting collections." —Midwest Book

Review Previous edition: "Pick of the Lists" • American Bookselling Association

Earl Hipp is the author of many books for young people. He has a B.A. in Psychology and a master's degree in Psychophysiology. He has worked as a clinical psychotherapist, helping hundreds of people to better understand, cope with, and grow through the challenges in their lives.

This book is excellent because the author deals definitively with the classic "stressors" in the lives of most students. The presentation provides practical coping strategies to identify stress and deal with it in a timely and constructive manner. There is coverage of the breathing techniques for greater oxygenation, as well as strategies to handle limited time and seemingly hostile peers and relevant others. The book advises students to do the following: to be assertive so that we have the time to attend to priorities; to build personal relationships; to take calculated risks in our decision-making; to make decisions over analysis paralysis; to stay healthy because we cannot do difficult sustained work unless we are healthy; to deal with fear constructively and within the bounds of people and things we can control. Overall, the volume would be a tremendous resource in order to assist students with personal planning at school and elsewhere.

Regardless your kids are gifted or not, this book is really good for tweens/teens to read. Some respond to it and some don't. However, the strategies and the written works are better than non; and it doesn't cost as much compare to the cost of send your child to psychologist or psychiatrist. Easy to read and understand. It's best to read section by section with the child, so that you can discuss, supplement with more ideas or alternatives if those strategies in the book don't work. Don't read all at once! Take your time to read, discuss and put it to practice, so that you can observe what works and don't work with the child. Thanks to psychologist Daniel Peter (SFO) for recommending the book.

This is a great book for anxiety, it not only presents anxiety in a way is understandable it also gives good ways to deal with that anxiety. I highly recommend this book.

If you can get your teen to read this, it helps break down the overwhelming parts of today's world into manageable bits. Helpful advice.

I had many helpful tips to help me manage my stress! Thank you! The only bad thing was that I had to use one of its tips to read this book! I would recommend this book for any rising 6th graders because going into middle school is stressful! I will gladly use this book's tips to help me reach my dreams!!!

This book was recommended and loaned to us, and my 14 year old didn't want to read it. I convinced her to try it. At the third chapter she started saying she liked it, by the fifth she was quoting it. She finished it and said we needed to own a copy ourselves.

This book is the best I have seen for teaching young people about stress! I have used it many times in high school classes and it was used in our continuation school as well. EXCELLENT!

Good book for teens and young adults struggling to make sense of how they feel. Short which helps those with limited attention span.

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