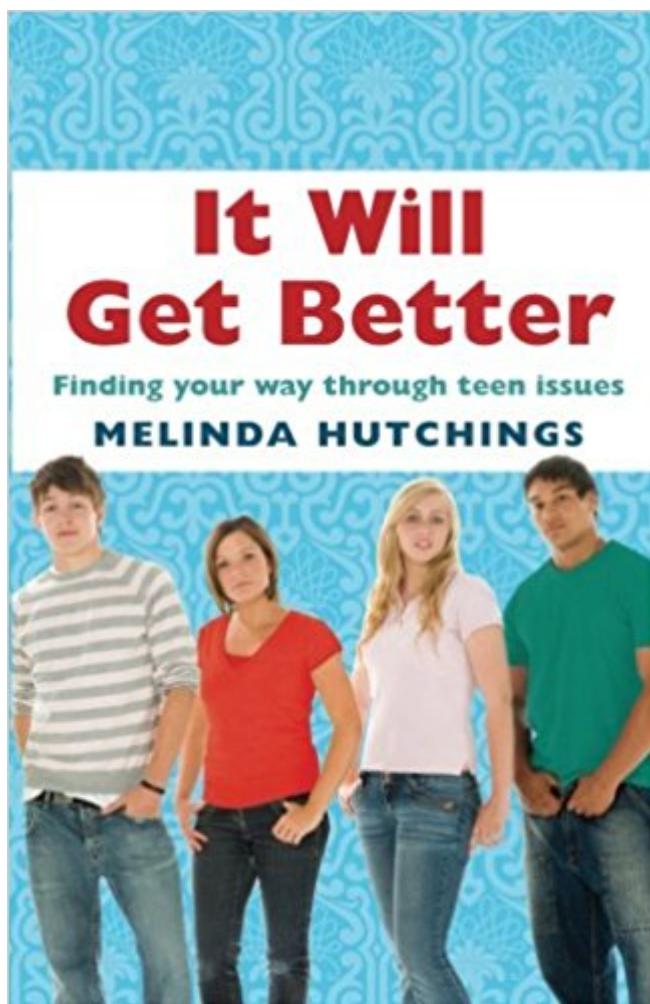


The book was found

It Will Get Better: Finding Your Way Through Teen Issues



Synopsis

From family break-ups and troubled friends to cutting, cyber-bullying, and the death of a parent, teensÃ¢Â discuss theirÃ¢Â issues, and theÃ¢Â expert advice that helped them through it allÃ¢Â Teenage life brings up plenty of issues and can feel overwhelming at times. Here Melinda Hutchings draws on her own experiences and those of many teens who speak candidly about dealing with difficult emotions and what did or did not help them. Most importantly, they share the insights they gained that helped them heal and move forward. Alongside the teen voices are helpful sections of expert advice, practical tips, websites, and many other supportive resources to helpÃ¢Â young peopleÃ¢Â find theirÃ¢Â way through. Perfect for the information-hungry generation and their parents,Ã¢Â this resourceÃ¢Â isÃ¢Â provides strategies to face and overcome challenging issues; from questioning their sexuality to alcoholic parentsÃ¢Â and pregnancy; and helping teens to recognize their enormous potential to create a happy and fulfilling future.

Book Information

Paperback: 300 pages

Publisher: Allen & Unwin (May 1, 2011)

Language: English

ISBN-10: 1742371132

ISBN-13: 978-1742371139

Product Dimensions: 5 x 0.9 x 7.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,545,762 in Books (See Top 100 in Books) #82 inÃ¢Â Books > Teens > Social Issues > Bullying #105 inÃ¢Â Books > Teens > Personal Health > Depression & Mental Health #1615 inÃ¢Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills

Age Range: 12 - 17 years

Grade Level: 7 and up

Customer Reviews

"A solid addition."Ã¢Â Ã¢Â  Library School Journal

Melinda Hutchings is a coach and mentor who runs self-esteem programs for teens.Ã¢Â She isÃ¢Â theÃ¢Â author of Why Can't I Look the Way I Want? andÃ¢Â aÃ¢Â a bloggerÃ¢Â forÃ¢Â a

Huffington Post.

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