



Pressure: True Stories by Teens About Stress

By Al Desetta

Free Spirit Publishing Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Pressure: True Stories by Teens About Stress, Al Desetta, Youth Communication. Gritty, honest personal stories from teens offer courage and hope in the face of bullying, stress, and anger. Teenagers open up to tell personal stories that tackle difficult, real-life issues. Direct, revealing, and often raw, these voices will ring true for any teen reader who has faced bullying, anger, or stress. Each piece has been selected and edited to appeal to reluctant and emerging readers as young as seventh grade. Readers will be inspired by the writers' courage and strength in working hard to overcome problems both large and small. It will engage reluctant readers. Books include tips for teens to get more out of the books. Free online download provides discussion and training guidelines for adults. Stress hits these teens from all angles: pressure at school, at home, and in their relationships. The writers describe their stress relief techniques, including exercise, music, writing, and more, and offer inspiring examples of perseverance. Includes tips for cooling down.



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-- **Bridie Stracke DDS**

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