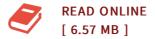




Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

By Raychelle Lohmann

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying, Raychelle Lohmann, The Bullying Workbook for Teens incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. The workbook is made up 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies; manage emotions such as anxiety, fear, anger, and depression; and learn constructive communication skills to help you express your feelings. With this workbook as your guide, you will also learn how to identify toxic friendships, how to build your own selfconfidence, and importantly, how to ask for help when bullying gets out of control or if you are feeling suicidal. The exercises in this book are designed to be useful in everyday situations, so that you can combat bullying or cyberbullying in your life. Whether you are a straight A student, a cheerleader, a member of the LGBT community, or encompass all of these things, you should know that bullying can happen to anyone. But there is hope to make a change and stand up for yourself, once and for all. If you are...



Reviews

This publication is great. I have study and that i am sure that i will planning to read once more again in the foreseeable future. You will like how the article writer write this publication.

-- Dr. Uriel Kovacek

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- Aglae Becker

Related PDFs



Ne ma Goes to Daycare

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is about a little biracial (African American/Caucasian) girl s first day of daycare and preparing her for kindergarten....



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Trace and Write Alphabets and Sentences for Beginning Writers

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Trace and Write Alphabets and Sentences for Beginning Writers workbook, provides extensive focus on alphabet formation for the beginning...



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



No Cupcakes for Jason: No Cupcakes for Jason

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 223 x 213 mm. Language: English. Brand New Book ***** Print on Demand *****. No Cupcakes for Jason is the delightful children's story of five-year old Jason, who loves life, loves playing, and...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 \times 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...