



Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience (CD-Audio)

By Dr. Michael J. Bradley

Audible Studios on Brilliance, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English. Brand new. Peel back the cheerful facade that parents present, and you'll find that many are worried about their teens. Mood swings, impulsiveness, poor judgment, and other problems peak in these years. Add stressors such as screen addiction, cyberbullying, increasing academic demands, and time-consuming athletic commitments, and it's no surprise that today's teenagers rank as the most anxious in 50 years. Parents long to help, but how? Based on a career counseling kids and their parents, psychologist Michael Bradley locates the most powerful protective trait: resilience. Teens with this crucial quality know how to handle difficulty, overcome obstacles, and bounce back from setbacks. Packed with insights from neuroscience and psychology, real-life case studies, and a dose of humor, Crazy-Stressed sheds light on the teen brain and offers a wealth of resiliency-boosting strategies. In it, Dr. Bradley reveals: What kids these days are really going through Ways to strengthen the seven skills every teen needs to survive and thrive What-to-do-when suggestions for common behavior, school, and social issues Tactics for coping with conflict, teaching consequences, improving communication, staying connected, and more It's not easy being a teen - and...



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