



## A Happier Adolescence: 50 Daily Practices to Survive Your Teenage Years

By Dr Daniel Robert Mitchell

Createspace, United States, 2014. Paperback. Book Condition: New. Fred Sovie (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book provides coping skills to assist tweens and teens through what has been suggested as the most difficult developmental phase of life. The book can be used more as a cookbook with recipes to make your day better. One of the great things about this book is the reader does not have to read the book all the way through, and can even randomly open the book to a coping skill to try for the day. These coping skills are creative, fun, calming, and many are supported by research to enhance your mood. This book is written at about a 4th or 5th grade reading-level so most individuals in this age-range will be able to understand the material. Happy reading!.



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### Reviews

*Just no terms to describe. This is for those who statte that there was not a worth studying. I am just easily can get a enjoyment of studying a written ebook.*  
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*Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.*  
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