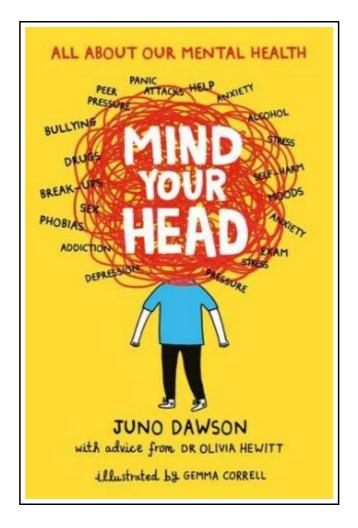
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Hot Key Books. Paperback. Book Condition: new. BRAND NEW, Mind Your Head, James Dawson, Olivia Hewitt, Gemma Correll, We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. James Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, James and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them, with real-life stories from young people around the world. With witty illustrations from Gemma Correll.



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