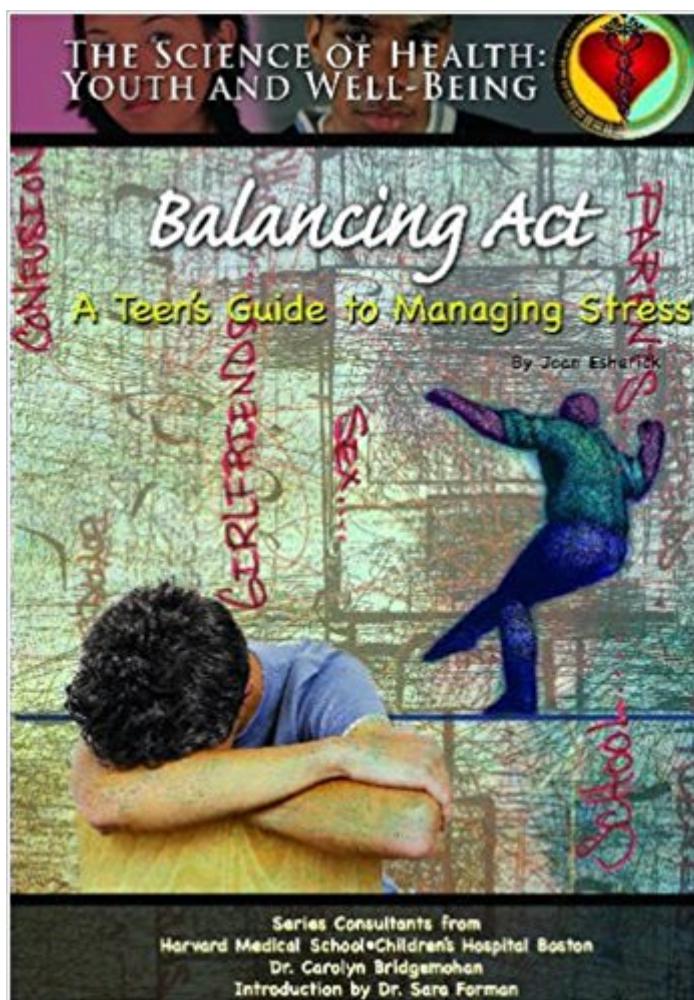


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# Balancing ACT: A Teen's Guide To Managing Stress (Science Of Health: Youth And Well-Being)



## Synopsis

Offers teens a primer on stress: What is it? From where does it come? How does it help us? How can it cause harm? How do we know if we're under too much stress? What unhealthy ways of handling stress should we avoid? And, what healthy ways of stress management can we embrace?

## Book Information

Series: Science of Health: Youth and Well-Being

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Product Dimensions: 6.5 x 0.6 x 9.4 inches

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Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,660,016 in Books (See Top 100 in Books) #92 in Books > Teens > Social Issues > Peer Pressure #511 in Books > Teens > Education & Reference > Social Science > Psychology

## Customer Reviews

Grade 9 Up  While not as well written or as engaging as other titles in the series, these three books do address important topics. Presented with a blend of straightforward facts and personal vignettes, the texts are accessible and logically organized. Balancing looks at a variety of anxiety-producing situations and gives teens suggestions for dealing with stress in their lives. Esherick describes the body's physical reaction to stress, using words and images that young people can easily understand. Dead addresses the myths and dangers of making sleep a low priority in a teen's life. While avoiding sleep deprivation can be as simple as reordering one's priorities, the author also points out that the problem can be the result of physical or mental illness. Silent looks at teen suicide, eating disorders, risky sexual behaviors, and self-injury. It is designed to help teens identify the difference between normal risk-taking and actions that could be life-threatening. The first-person vignettes are eerily frightening and moving. All three titles use a mix of realistic, full-color photographs and cartoon graphics to illustrate major points. These volumes will serve as useful introductory resources for teens, but need to be supplemented with class discussion and other informative materials.  Wendy Smith-D'Arezzo, Loyola College,

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