



Too Stressed to Think?: A Teen Guide to Staying Sane When Life Makes You Crazy

Annie Fox M.Ed.

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Too Stressed to Think?: A Teen Guide to Staying Sane When Life Makes You Crazy Annie Fox M.Ed. "When stress has the "survival brain" on overdrive, what happens to the "thinking brain"? How can teens learn to use the mind-body connection to stay cool and make smart choices when the pressure's on? This book is packed with practical information and stress-lessening tools teens can use every day for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?" Throughout, quotes from real teens remind readers that they're not alone-that stress affects everyone, but it doesn't have to ruin your life. Includes resources.

Change READING LEVEL: Ages 13 & up.

Change PAGE COUNT: 176 pp. "

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