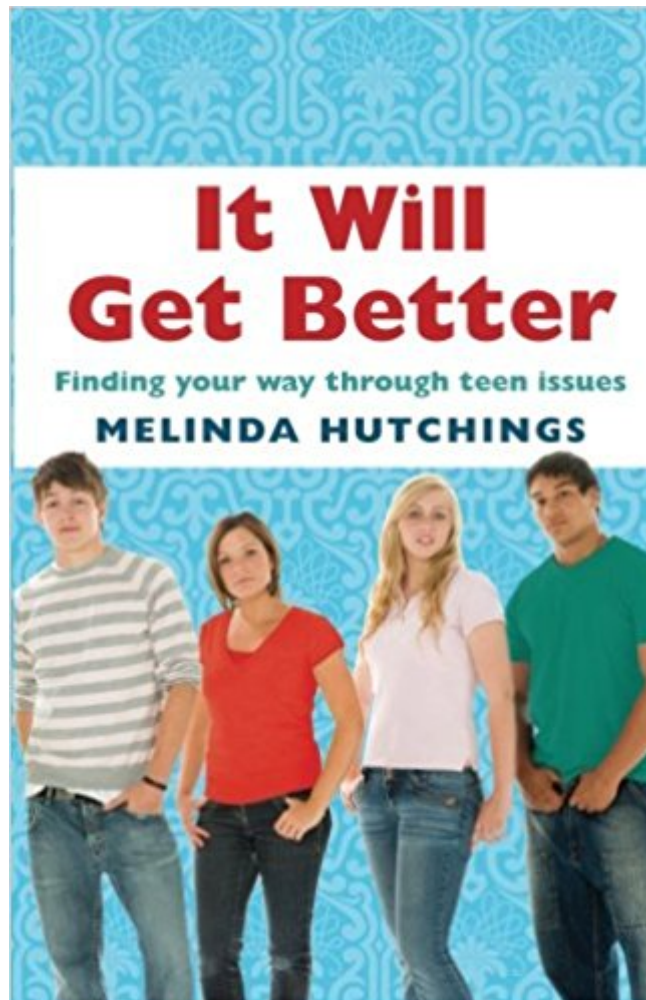




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It Will Get Better: Finding Your Way Through Teen Issues



Synopsis

From family break-ups and troubled friends to cutting, cyber-bullying, and the death of a parent, teens discuss their issues, and the expert advice that helped them through it all. Teenage life brings up plenty of issues and can feel overwhelming at times. Here Melinda Hutchings draws on her own experiences and those of many teens who speak candidly about dealing with difficult emotions and what did or did not help them. Most importantly, they share the insights they gained that helped them heal and move forward. Alongside the teen voices are helpful sections of expert advice, practical tips, websites, and many other supportive resources to help young people find their way through. Perfect for the information-hungry generation and their parents, this resource provides strategies to face and overcome challenging issues; from questioning their sexuality to alcoholic parents and pregnancy; and helping teens to recognize their enormous potential to create a happy and fulfilling future.

Book Information

Paperback: 300 pages

Publisher: Allen & Unwin (May 1, 2011)

Language: English

ISBN-10: 1742371132

ISBN-13: 978-1742371139

Product Dimensions: 5 x 0.9 x 7.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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Age Range: 12 - 17 years

Grade Level: 7 and up

Customer Reviews

"A solid addition." — Library School Journal

Melinda Hutchings is a coach and mentor who runs self-esteem programs for teens. She is the author of *Why Can't I Look the Way I Want?* and a blogger for

Huffington Post.

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