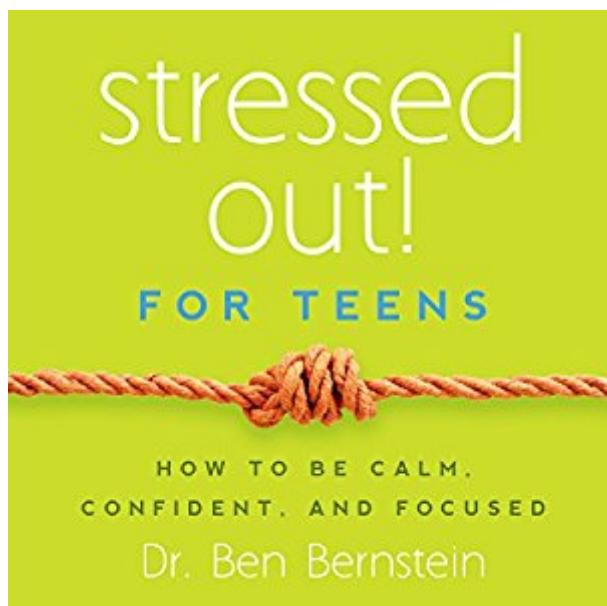


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# Stressed Out! For Teens: How To Be Calm, Confident & Focused



## Synopsis

The world's teenagers have never been so challenged as they are today. The constant demands of parents, school, work, peers, social media, athletics, music, etc. has created a generation who, while tremendously capable, are also tremendously stressed. Today's teens are expected to not only do it all but to do it now. Having personally coached thousands of students over his years as an educator and a professional performance coach, Dr. Bernstein (Dr. B) understands and connects with today's young adults. He knows they are intelligent, talented and full of creative energy and he uses his decades of experience in *Stressed Out! For Teens* to help teen's succeed. *Stressed Out! For Teens* shares principles and skills that help teens discover their higher potential and learn how to be calm, confident and focused in whatever situation they find themselves. Teens will learn the same techniques that all top athletes, musicians, business leaders and other successful people practice. As teens implement the tools taught in *Stressed Out! For Teens* they will find a roadmap to achieve their potential and be successful in all aspects of their lives.

## Book Information

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and Everyone Else in Your Life Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience Stressed or Depressed: A Practical and Inspirational Guide for Parents of Hurting Teens Brain Training for Riders: Unlock Your Riding Potential with StressLess Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill (Merloyd Lawrence Book) Coping With Your Difficult Older Parent : A Guide for Stressed-Out Children SOS: Stressed Out Students' Guide to Handling Peer Pressure (SOS Guides) Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm Rays of Calm: Relaxation for Teenagers (Calm for Kids) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (An Instant Help Book for Teens) We're Not Monsters: Teens Speak Out about Teens in Trouble

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