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Positively Teenage: A positively brilliant guide to ...

Positively Teenage gives you the power to let yourself flourish, achieve and be who you want to be. Use your powers well! Be truly, positively, teenage! Stand tall, stretch your arms wide, take a deep breath and say, loudly (or in your head), 'I can do this!' *Nicola Morgan has that rare gift of being able to communicate science and make it fun.*

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Positively Teenage : Nicola Morgan : 9781445158143

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"Positively Teenage" gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control.

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Body Brilliant - A Teenage Guide to a Positive Body Image. We're all bombarded with information and images – through the media and our peers – about our appearance. This book addresses the psychology of body image and gives practical, empowering solutions for a more positive self-image. It includes real-life examples, quotes and anecdotes from adults and young people interviewed especially for this book.

Body Brilliant - A Teenage Guide to a Positive Body Image ...

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Positively Teenage gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and achieve your potential. Full of practical, proven strategies for physical and mental health, Positively Teenage will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills, looking after your diet, exercise and attitude to being healthy online, getting great sleep to understanding your personality - allowing you to take control of many areas of your life. With these new strengths and skills, you can survive any storms and thrive on the challenges of your exciting life. Scattered throughout are POSITIVE BOOSTS: quick ideas for actions you can take to build positivity and well-being. Add them into your life and use your imagination and your new understanding to invent others. Positively Teenage gives you the power to let yourself flourish, achieve and be who you want to be. Use your powers well! Be truly, positively, teenage! Stand tall, stretch your arms wide, take a deep breath and say, loudly (or in your head), 'I can do this!' *Nicola Morgan has that rare gift of being able to communicate science and make it fun.* Professor Simon Baron Cohen, University of Cambridge

An uplifting and optimistic guide to navigating the ups and downs of teen years and preparing for adulthood. Author Nicola Morgan is an international expert on teen development and mental health. During her talks to parents of pre-teens, she immediately sensed two overriding emotions: fear and pessimism. Parents were worried about their children becoming teenagers, assuming that it would be a negative experience. Not only is that a sad outlook on the teenage experience--it doesn't have to be true! Breezy and compassionate, Positively Teen teaches teens how to approach their adolescent years with optimism and understanding, giving them the skills they need to develop long-term well-being. Full of practical, proven strategies, it includes advice on how to flourish both physically and mentally--from learning to do things you enjoy, to understanding how to look after your diet, exercise and attitude, to understanding your personality. With these strengths and skills in hand, teens will learn to weather any storm and thrive on the challenges of this time in their lives.

Written by teenage expert, Nicola Morgan, 'Body Brilliant' will help teenagers to develop or retain a positive body image. We're all bombarded with information and images - through the media and our peers - about being too big, too small, being cool, being popular or having the 'right' kind of clothes. This book addresses the body issues that nearly everyone worries about at some point in their lives and gives practical and mindful solutions to work through worries, using real-life examples, quotes and anecdotes from young adults interviewed especially for this book. 'Body Brilliant' explores psychological pressures that make us see our bodies in certain ways, positively or negatively, as well as considering how adolescent body changes, gender identity and gender expectations, sexuality and sexual orientation affect self-image, and looks at issues such as body dysmorphia and eating disorders. 'Body Brilliant' also encourages you to think about how you view differences in others and understand that variety is a brilliant thing. And that being yourself is much better than being just like everyone else. Learn to celebrate the differences that make every body brilliant!

Calling all teenagers—quit the moaning and start loving life! Don't be a clich é. Don't stay in your bedroom grunting and grumbling. How about getting motivated, energized and start making a difference?! The Art of Being A Brilliant Teenager teaches you how to become your very best self—and how to figure out who that is, exactly. The bestselling authors of The Art of Being Brilliant and Be Brilliant Everyday are experts in the art of happiness and positive psychology and, with this new book, you'll find your way to becoming brilliant at school, work, and life in general. Stay cool under all the pressures you're facing, and plot a map for the future that takes you wherever it is you want to go. Become proactive, determined, successful and most importantly, happy! Fact: your life span is about four thousand weeks. It seems like a lot, but it's not. Complaining about life, homework, parents, and relationships may be normal now, but don't let it become your defining trait. When you're forty years old and still moaning, a big chunk of your four thousand weeks have slipped by, and you're no closer to happiness than you were as a teen. This book is a guide to starting the journey to your ideal life now, instead of wasting time being a drip. Discover the real you, and what you want out of life Stop moaning and get moving now, while there's plenty of time Lose your bad habits before they become your personality Figure out how you want to contribute, and find a way to do it The bottom line is this: it's easy to be the average version of yourself, but is that really all you want? Don't you want to achieve something? Get started now. The Art of Being A Brilliant Teenager helps you figure out where you want to go, and how to get there. So, whether you're an ambitious teenager, a parent or teacher desperate to turn a down-beat teenager into a ray of positivity and delight, How to Be A Brilliant Teenager is here to help.

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A comprehensive guide to teenage friendships, by award-winning author and well-being expert Nicola Morgan. Essential reading for teenagers and the adults who care about them. Nicola Morgan is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is author of the internationally renowned Blame My Brain: The Amazing Teenage Brain Revealed (shortlisted for the Aventis prize for science) and The Teenage Guide to Stress (winner of the School Library Association Award 2015, with both the judges' and readers' awards). Now The Teenage Guide to Friends - written for teenagers but essential for adults who want to understand - tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down - as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types - introverts and extroverts - and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations. Complete with a list of helpful resources in the back.

Explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive

In the style of Nudge or The Spirit Level - a groundbreaking book that will change the way you look at the world. Tina Rosenberg has spent her career tackling some of the world's hardest problems. The Haunted Land, her searing book on how Eastern Europe faced the crimes of Communism, was awarded both the National Book Award and the Pulitzer Prize in the US. In Join the Club, she identifies a brewing social revolution that is changing the way people live, based on harnessing the positive force of peer pressure. Her stories of peer power in action show how it has reduced teen smoking in the United States, made villages in India healthier and more prosperous, helped minority students get top grades in college calculus, and even led to the fall of Slobodan Milosevic. She tells how creative social entrepreneurs are starting to use peer pressure to accomplish goals as personal as losing weight and as global as fighting terrorism. Inspiring and engrossing, Join the Club explains how we can better our world through humanity's most powerful and abundant resource: our connections with one another.

What does it mean to be beautiful? How can a girl embrace and develop her individuality and unique qualities when the world is constantly comparing her to the plastic perfection of Barbie? Body Positive: A Guide to Loving Your Body is the number one resource for young adult women who desire to redefine and understand true beauty. Focusing on correct body image, self-improvement, thinspiration, mental health, bullying, sexual harassment, and more, Body Positive is packed with introspective questions and inspiring, un-retouched photographs that display the bodies of real, everyday women Body Positive is a helpful, informative and inspirational guide that will help any girl transcend society's standards.

Hey, reader of this book! Don't forget—you are awesome! When life gets in the way, it's easy to forget to take care of yourself. This book is a much-needed reminder that nobody is perfect and that you deserve kindness—even (especially!) on stormy days. In her trademark style, Stacie Swift shares sunny artwork, self-care wisdom, and prompts to add your own reflections. We all lose our sparkle now and then. This sage little book can help you get it back!

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