



# Stress Management for Teens Workbook: Stress and Anxiety Reduction Techniques for Teens

*Lisa Coleman*

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**Stress Management for Teens Workbook: Stress and Anxiety Reduction Techniques for Teens** Lisa Coleman

You are minutes away from finding out how to deal with teen stress, how to cope with the various moods, how to manage those difficult moments and what you can do to relax, reduce and relieve the stress in any teenager.

The **Stress Management for Teens Workbook** is a complete guide on teen stress management which will show you:

and many more...

Lisa Coleman has a Master's degree in human psychology and she is specialized in teenager's behavior and stress management. Her book's main goal is to help teenagers and their parents overcome stress and anxiety by understanding the underlying causes of stress and the right actions to be taken in each situation.

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