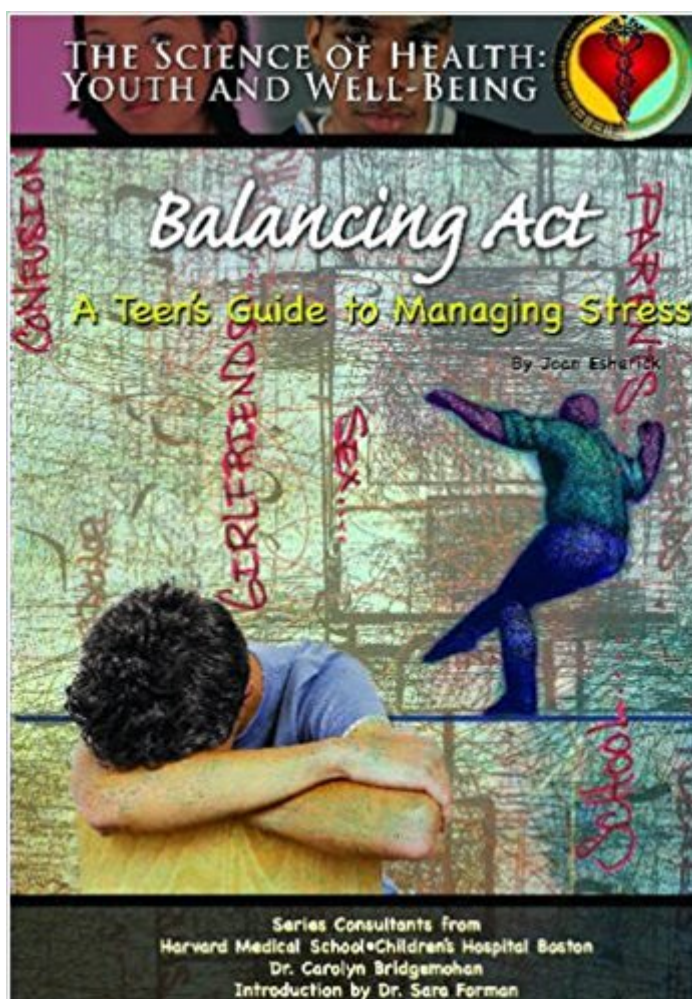


The book was found

# Balancing ACT: A Teen's Guide To Managing Stress (Science Of Health: Youth And Well-Being)



## Synopsis

Offers teens a primer on stress: What is it? From where does it come? How does it help us? How can it cause harm? How do we know if we're under too much stress? What unhealthy ways of handling stress should we avoid? And, what healthy ways of stress management can we embrace?

## Book Information

Series: Science of Health: Youth and Well-Being

Hardcover: 128 pages

Publisher: Mason Crest Publishers (January 1, 2005)

Language: English

ISBN-10: 1590848535

ISBN-13: 978-1590848531

Product Dimensions: 6.5 x 0.6 x 9.4 inches

Shipping Weight: 15.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,660,016 in Books (See Top 100 in Books) #92 in [Books > Teens > Social Issues > Peer Pressure](#) #511 in [Books > Teens > Education & Reference > Social Science > Psychology](#)

## Customer Reviews

Grade 9 Up – While not as well written or as engaging as other titles in the series, these three books do address important topics. Presented with a blend of straightforward facts and personal vignettes, the texts are accessible and logically organized. *Balancing* looks at a variety of anxiety-producing situations and gives teens suggestions for dealing with stress in their lives. *Esherick* describes the body's physical reaction to stress, using words and images that young people can easily understand. *Dead* addresses the myths and dangers of making sleep a low priority in a teen's life. While avoiding sleep deprivation can be as simple as reordering one's priorities, the author also points out that the problem can be the result of physical or mental illness. *Silent* looks at teen suicide, eating disorders, risky sexual behaviors, and self-injury. It is designed to help teens identify the difference between normal risk-taking and actions that could be life-threatening. The first-person vignettes are eerily frightening and moving. All three titles use a mix of realistic, full-color photographs and cartoon graphics to illustrate major points. These volumes will serve as useful introductory resources for teens, but need to be supplemented with class discussion and other informative materials. – Wendy Smith-D'Arezzo, Loyola College,

Baltimore, MD Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

[Download to continue reading...](#)

Balancing ACT: A Teen's Guide to Managing Stress (Science of Health: Youth and Well-Being) The Best You Can Be: A Teen's Guide To Fitness And Nutrition (Science of Health Youth and Well Being) Surviving The Roller Coaster: A Teen's Guide To Coping With Moods (Science of Health Youth and Well Being) Managing Stress: Principles and Strategies for Health and Well-Being Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) The Future of Happiness: 5 Modern Strategies for Balancing Productivity and Well-Being in the Digital Era ACT Prep Book: ACT Secrets Study Guide: Complete Review, Practice Test, Video Tutorials for the ACT Test ACT Exam Flashcard Study System: ACT Test Practice Questions & Review for the ACT Test (Cards) Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More Practicing Discernment with Youth: A Transformative Youth Ministry Approach (Youth Ministry Alternatives) Stress, Health and Well-Being: Thriving in the 21st Century Youth Coping with Teen Pregnancy: Growing Up Fast (Helping Youth with Mental, Physical, and Social Challenges) Barron's ACT Math and Science Workbook, 2nd Edition (Barron's Act Math & Science Workbook) CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Quarterly Essay 61 Balancing Act: Australia Between Recession and Renewal

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)