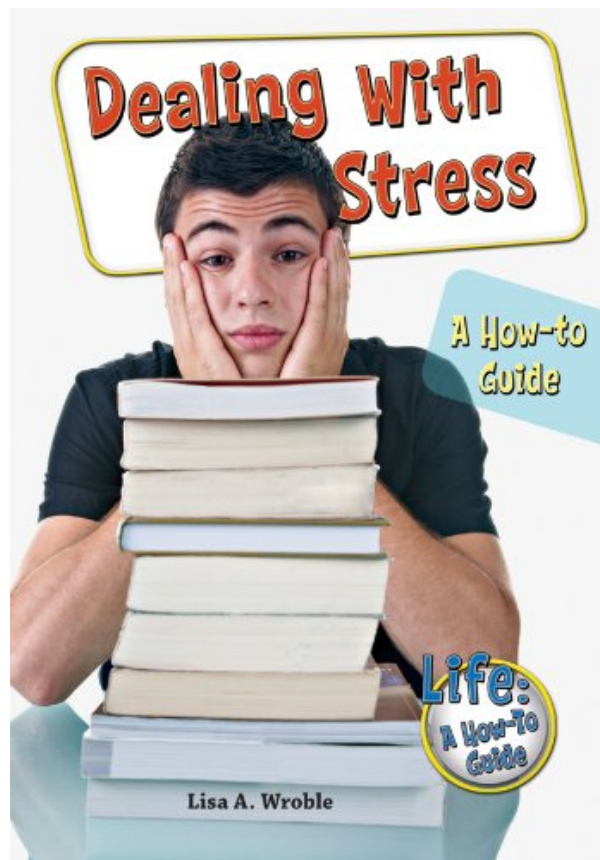
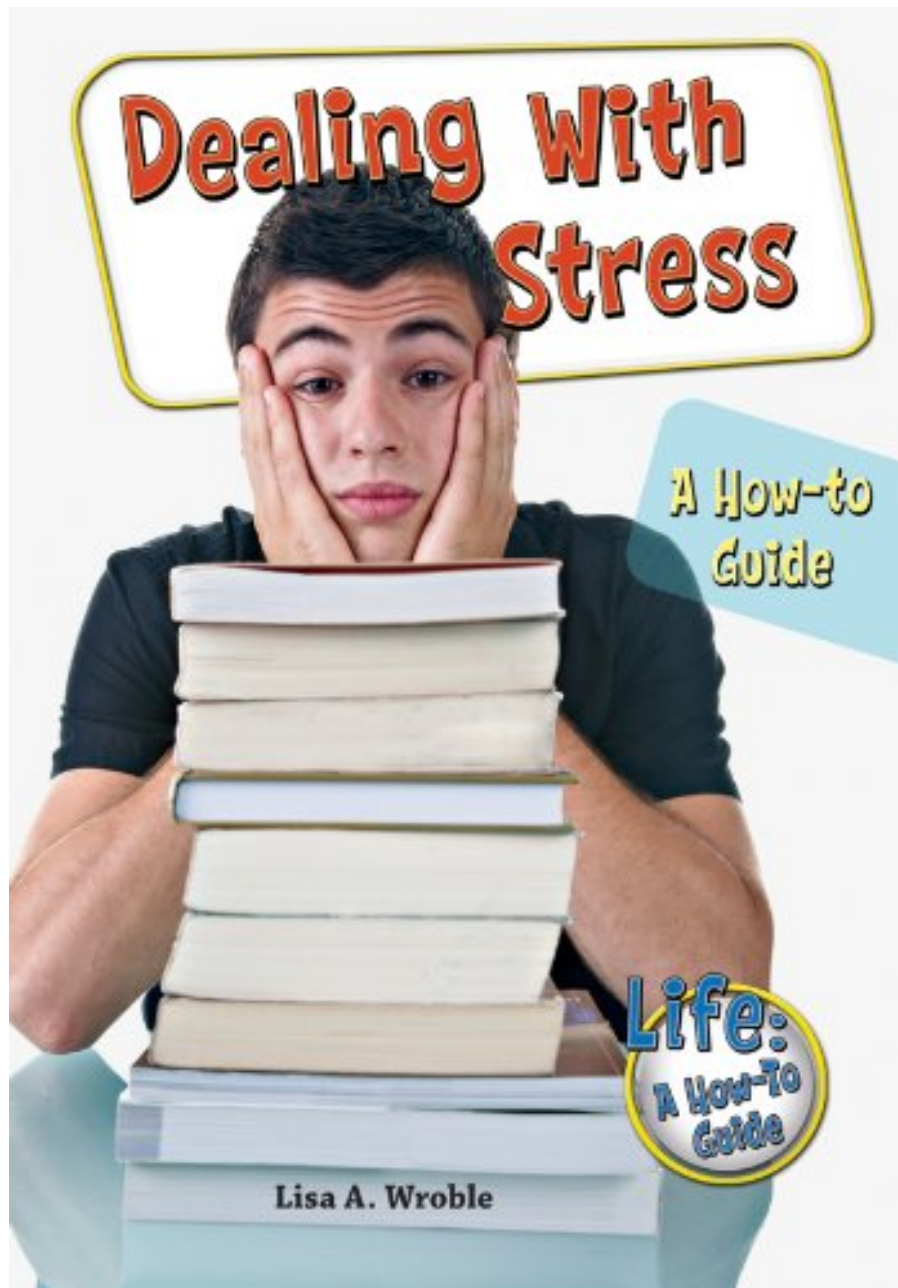


DEALING WITH STRESS: A HOW-TO GUIDE (LIFE: A HOW-TO GUIDE) BY LISA A WROBLE



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From Booklist

The bright, cheerful design of the **Life: A How-to Guide** series helps make it seem as if life skills are something to look forward to rather than suffer through. The tone is upbeat without being overly enthusiastic, and the advice offered is generally very sound. The format varies slightly with topics, but each book includes around eight chapters with text broken up courtesy of sidebar sections and well-chosen quotes. Bold, unevenly shaped boxes set off the illustrations nicely. **Dealing with Stress** defines stress before discussing it in physiological and emotional terms and making numerous suggestions for coping mechanisms. Each book includes notes, suggestions for further reading, websites, and an index. Grades 6-9.
--Susan Dove Lempke

From the Back Cover

Stressed out? Feeling nervous, anxious, and overwhelmed? Relax! Life as a teenager can be stressful. But don't give up--get informed. Learn to deal with stress by reading up on how to manage your time, avoid taking on more responsibility than you can handle, ask for help when you need it, and relaxation exercises to help you keep a cool head. Read up on the tools and techniques that will help you chill out with this informative how-to guide.

About the Author

Lisa A. Wroble is the author of more than twenty-five books and hundreds of articles on topics ranging from history and psychology to science and the environment. Among her other books for Enslow Publishers, Inc., is **Food for a Greener Planet: What You Can Do**.

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As one of the window to open the brand-new globe, this *Dealing With Stress: A How-To Guide (Life: A How-To Guide) By Lisa A Wroble* supplies its amazing writing from the writer. Released in one of the preferred authors, this book Dealing With Stress: A How-To Guide (Life: A How-To Guide) By Lisa A Wroble becomes one of one of the most wanted books just recently. Really, the book will not matter if that Dealing With Stress: A How-To Guide (Life: A How-To Guide) By Lisa A Wroble is a best seller or otherwise. Every publication will consistently give best sources to get the reader all finest.

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Do you feel stressed out? Everyone does sometimes. School, extracurricular activities, and family obligations can take their toll on teens. But you can learn how to keep your life from overwhelming you. In **DEALING WITH STRESS: A HOW-TO GUIDE**, you can find out what causes stress, how your body handles it, what happens when you have too much stress or don't deal with it correctly, and surprisingly, when stress can be a good thing.

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Stressed out? Feeling nervous, anxious, and overwhelmed? Relax! Life as a teenager can be stressful. But don't give up--get informed. Learn to deal with stress by reading up on how to manage your time, avoid taking on more responsibility than you can handle, ask for help when you need it, and relaxation exercises to help you keep a cool head. Read up on the tools and techniques that will help you chill out with this informative how-to guide.

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Lisa A. Wroble is the author of more than twenty-five books and hundreds of articles on topics ranging from history and psychology to science and the environment. Among her other books for Enslow Publishers, Inc., is *Food for a Greener Planet: What You Can Do*.

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I WISH I HAD THIS BOOK WHEN I WAS A TEEN!

By S. Phillips

In an ever increasingly complicated world, Wroble has thrown out a life support to a generation of young adults that is sorely in need. Clear explanations for the types of stress, various symptoms, and healthy coping skills are offered in an easy to understand format that provide possible relief within reach for the reader. The lighthearted manner in which the book is written provides immediate solace to those under pressure. As a teen I thought my waves of reoccurring abdominal pain and nausea, two months prior to graduation, were frightening as I secretly thought I had some unexplained illness. Today I am surprised to read about other symptoms I had never thought were stress related. Parents should buy it for their kids and read it also.

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