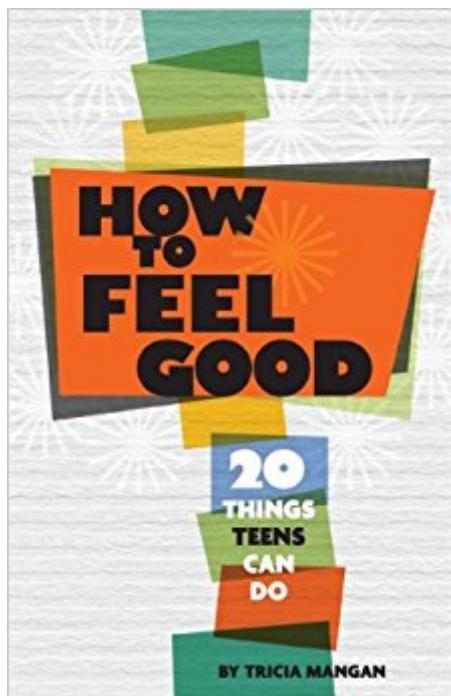


The book was found

# How To Feel Good: 20 Things Teens Can Do



## **Synopsis**

Being a teenager can be tough. It can be really hard sometimes to feel good about yourself and your abilities. New relationships and experiences are happening all around you, and that can make you insecure, overwhelmed, or stressed out. *How to Feel Good* will help you slow down and pay attention to how you feel and what you think about yourself. This book presents 20 simple, mind-healthy skills to guide you toward self-awareness and to teach you to stay calm and self-confident. You will also find additional strategies, self-reflection questions, and easy-to-do tools to help end frustration and develop patience so that you can achieve your goals. Are you ready? Do 1 or learn all 20 skills and take charge of you. You are just a step away from feeling more confident, secure, and GREAT!

## **Book Information**

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## **Customer Reviews**

Each chapter is simply designed, stating the issue and giving clear, well-defined examples for teens to follow. The book addresses topics like forgiveness, chasing away fears, procrastination, and self-discovery and confidence. Introspective activities are offered for the reader in each chapter. For example, in the chapter "Making Friends with Your Feelings," such exercises as journaling and drawing are provided. In "Spring Back," Mangan presents self-analytical exercises to help teens succeed following a failure. The book can be read from start to finish, but because it is designed as a guidebook, the reader can also easily skip from chapter to chapter. All topics are discussed in a positive way, with the goal of taking action over feeling defeated or frustrated. Due to its easy-to-use format, it is a great, quick go-to reference book. This book is a necessity for teens who are facing

bouts of insecurity. Its positive message and mind-healthy exercises will serve as an inspiration when things are tough. --Voya

Avoiding preachiness and gimmickry, Mangan aims to give teens tools to take happiness into their own hands. Suggestions for finding solace include avoiding comparing oneself to others, tackling procrastination, focusing on the positive, and accepting both the power and limits of one's control. Each section offers various steps, activities, and goals (for example, Mangan advises finding a good fictional role model as a way to learn about becoming more assertive in real life). The tips are straightforward, and readers should feel empowered to know that solutions may be within their grasp. --Publisher's Weekly

Tricia Mangan has a Master's degree in Clinical Psychology from Stony Brook University. She has more than 10 years of diverse clinical, research, and teaching experience. With a background rooted in cognitive-behavioral and positive psychology principles, Tricia is a proponent of a holistic approach to health and is currently focusing her efforts on writing books to educate children and teens on the mind-body connection.

This book gives good advice and encouragement to teenagers who don't always want to talk about their concerns. I would recommend it.

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