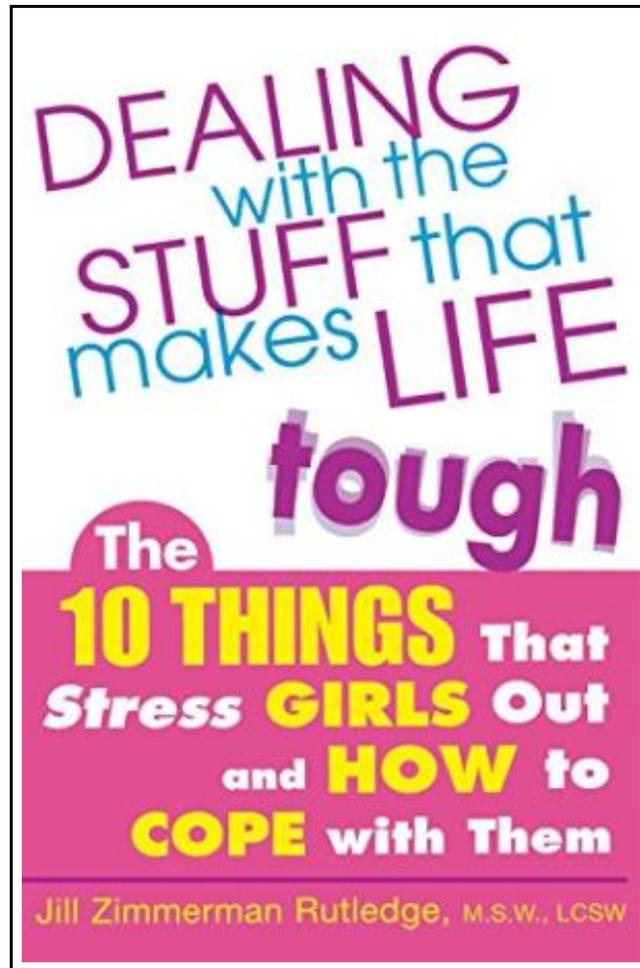


Finding Your Ruby Slippers: The 10 Things That Stress Teen Girls Out and How to Cope with Them



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Finding Your Ruby Slippers: The 10 Things That Stress Teen Girls Out and How to Cope with Them, Jill Zimmerman Rutledge, Boyfriends, dieting, peer pressure - Dr. Jill has the 411 on all your top ten 911 emergencies! What's the deal? You go to school, have a part-time job, maybe even watch your little brother, but you still don't feel like you've got your act together. In fact, you are pretty much stressed out all of the time. Well, there is at least one good thing happening in your life right now because Dr. Jill gets it. She has been listening to girls talk about their anxieties and pressures for more than twenty years. There is nothing she hasn't heard. In her new book "Dealing with the Stuff That Makes Life Tough", Dr. Jill talks about the top ten things that stress you out and helps you discover ways to deal with whatever life throws your way. In "Dealing with the Stuff That Makes Life Tough", real girls - just like you - talk about the same issues you're facing and offer great advice to help you get a grip on your life. Each chapter examines how three different girls handled a particular problem to help you choose a calming skill that works for you. Can you imagine a life where you actually can find ways to: balance your responsibilities and actually have a social life; finally turn off the constant nagging in your head and maybe get a good night's sleep for once; deal with peer pressure, cliques, and your overscheduled life; tackle the heavy stuff like divorce, school, and - yikes - dating; and learn how to feel more confident, in control, centered, and at peace from the inside...

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