

DEPRESSION

A TEEN'S GUIDE

TO

SURVIVE

AND

THRIVE

BY

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Depression: A Teen's Guide to Survive and Thrive



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This book provides guidance for teenagers who are depressed or at risk for depression by discussing cognitive behavioral therapy principles. Designed to serve as an adjunct to therapy, that is a very practical and easy-to-read reserve that is not overwhelming for teens.



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Just what I wanted Bought this for my teen girl, who's been having a hard time. I go through it before I offered it to her and I like how the author repeatedly says to invest some time reading it and there's advice and tips about how to cope with your emotions. Five Stars My child had found this reserve very helpful and full of strategies. The book is usually with her. Lots of great ideas to counteract negative thoughts and ideas. My daughter and We read through this book jointly. ... she's read and used all of the advice to heart and practices what she has learned. She did most of the exercises and it really seemed to help her. Informative, comprehensive, easy to digest I actually am a psychologist and will be sure to recommend this to all my teens dealing with depression. I desire I could provide a copy to every teenager. The infusion of exercises and worksheets throughout the book helps teenagers try the concepts presented. Strongly suggested for just about any teen or parent/teacher of a teenager! Depression: A Teen's Guide to Survive and Thrive Highly recommended for teenage reader. Very well written for the teenage reader. This book will not offer a "quick fix" for depression, but instead helps information the reader through the procedure of learning about depression and building strategies to cope. I ran across this book in my search for guidance. This reserve is one little bit of the puzzle. The publication also offers exercises such as for example journaling and quizzes to help engage the reader in self-reflection. I highly recommend this for depressed teens or teens grappling with the depression of others in their lives. Highly recommended for teens and parents This book will empower teens struggling with depression. The book obviously explains what depression is normally and how and why it persists, and it guides the reader through different approaches for changing thought procedures and behaviors to maintain depression at bay. It is very clear and easy to comprehend for them and is based on best practices of evidence-based psychotherapy. I want this book had been around when I was a teenager. Highly recommended for teens and parents! This Book Saved Me I was within my wit's end trying to greatly help my daughter with what appeared to be pending major depression. This find produced my day and her existence ! The authors clearly have experience within their field and identify that curing or coping with depression is an elaborate, multi-faceted matter. She's 14. those with a issue and those who have a pal with a issue...by that I mean she knows what the authors say. My daughter and We read through this book together. Awesome help with depressed teens! I highly recommend this reserve for the teens in your life I highly recommend this reserve for the teens in your daily life. It is a fabulous and comprehensive book that's written in a perfect tone and format for teenagers with short paragraphs, lots of sub-sections and 'consider this,' 'did you know' and various other boxes of information that make it easier to digest this content... It was created for her. She has learned a lot and seems to be coming out of her slump, and I am

one happy Mom ! It's filled with examples that teenagers can relate to and is written in a friendly and engaging way. These authors have created numerous books for younger readers also using cognitive behavioral therapy and it's great to find them venturing into helpful books for the older crowd



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