

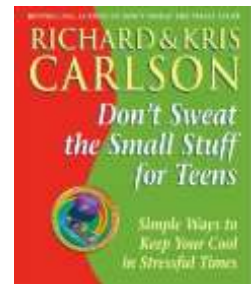
# Health and Wellbeing books

## Available in the school library

**Class Author Title**

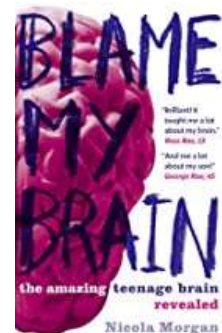
**150 Carlson, Richard Don't sweat the small stuff for teens**

How not to stress out about homework, peer pressures, dating, parents, and other potentially difficult areas



**153 Morgan, Nicola Blame my brain**

A comprehensive guide to the biological mysteries that lie behind teenage behaviour



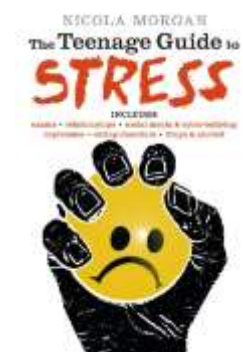
**155.9 Vo, Dzung X Mindful Teen: The powerful skills to help you handle stress one moment at a time**

If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and be mindful and aware in the present moment



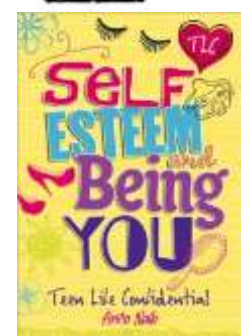
**155.9 Morgan, Nicola The teenage guide to stress**

A comprehensive look at the stresses many teenagers face, empowering them to take control of their mental health and wellbeing.



**158.1 Naik, Anita Teen Life Confidential: Self-Esteem and Being YOU**

Are you scared to take risks in case you make a fool of yourself? Do you need other people's approval? If someone likes you do you think there must be something wrong with them? Do you hate your body? If you answered yes to any of these questions, this essential guide boost yourself esteem and encourage you to believe in who and what you are.



**158.1 Cranfield, Jack Chicken soup for the teenage soul** Your handbook for surviving and succeeding during the exciting teen years with both your sanity and sense of humour intact. It contains invaluable lessons on the nature of friendship and love, the importance of belief in the future and the value of respect for yourself and others.



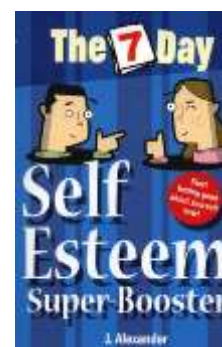
**158.1 Brown, S Moving on up**

Each and every one of us have made crucial decisions, and if we're lucky been helped with the right words at the right time. Over 50 of our most talented and courageous figures, from JK Rowling to David Beckham, have come together to give the stories behind their defining moments; these moving, honest stories will inspire you to take a fresh look at your own direction.



**302 Alexander, Jennifer S Seven day self-esteem super booster**

A fresh approach to developing self-esteem and feeling good about oneself. Helpful exercises for every day of the week encourage children to set real life tasks that help them build self-esteem and confidence.



**613 Elkan, Sophie The girls' guide to growing up great**

Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all).



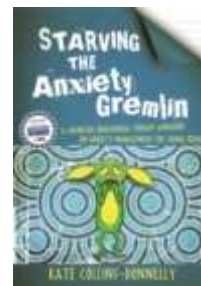
**613.69 Grylls, Bear Survival Guide for Life, A: How to achieve your goals, thrive in adversity and grow in character**

Living a purpose-driven, impactful life can be a challenge...In "A Survival Guide for Life", Bear Grylls shares the hard-earned lessons he's learned from some of the harshest environments on earth. How do you keep going when all the odds are stacked against you? How can you inspire a team to follow you in spite of obvious danger? What are the most important skills to learn if you really want to achieve your maximum potential?



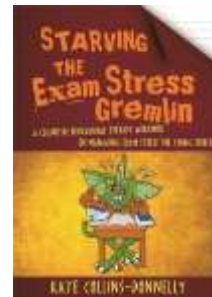
**618.9 Collins-Donnelly, Kate Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for young people**

Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.



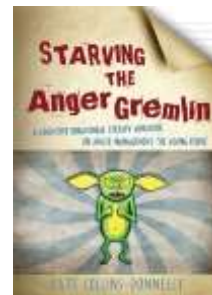
**618.9 Collins-Donnelly, Kate Starving the Exam Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People**

Stressed out by exams? Then the exam stress gremlin is in town! Exam fears and worries are his favourite foods, and the more of these you feed him, the bigger he gets and the more stressed you become. But he can be stopped! Starve him of stress-related thoughts, feelings and behaviours and feel him and your stress fade away



**618.9 Collins-Donnelly, Kate Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People**

This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively.



**618.9 Collins-Donnelly, Kate Banish your self-esteem thief: A cognitive behavioural therapy workbook on building positive self-esteem for young people**

Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how

