*Teens: Read this book for 30 tough situations you might have to face and strategies, tactics and ideas for what to do (and NOT to do) in each of them.*

*The situations covered include:*

TOUGH FRIENDSHIP STUFF: eg..my other friends seem to like each other more than me …..People at my school are horrible to me….My friend is really depressed and I don’t know what to do…..and more..

TOUGH RELATIONSHIP STUFF: eg I hate being single…...My boyfriend/girlfriend broke up with me and I’m devastated…..I’ve sent my boyfriend naked pics of myself, is this really that bad?.....I cheated on my boyfriend/girlfriend and I feel guilty…..and more..

TOUGH STUFF ABOUT PARENTS: My parents are ALWAYS nagging me…My parents don’t let me do anything..…My parents and I just don’t have anything in common, we hardly ever talk……..and more..

TOUGH SCHOOL STUFF: I’ve really got to do homework but I have zero motivation….. …..I’m seriously behind and I’m not going to get it all done…..I’m not smart enough…..and more..

TOUGH STUFF ABOUT MYSELF: My sleep is terrible …..I drank way too much last night and probably last weekend as well……I hate the way I look……I cut myself and it makes me feel better……I think about awful things I could never tell anyone …Sometimes I feel so angry, I feel out of control……I just feel awful and down, and I don’t even know why

*Kirrilie Smout is a clinical psychologist, and has counselled over 500 teens in the last 15 years. She has now written the perfect reference book for teens in tough times, and for teens who might face tough times in the future.*

*www.developingminds.net*