*Kirrilie Smout is a clinical psychologist and has worked with hundreds of teens in the last 15 years. In this book she addresses 30 of the most frequent stressful and scary issues that teens face, and gives extremely practical what to do (and what NOT to do) advice in each situation. Topics include:*

FRIENDSHIPS: My other friends seem to like each other more than me…..My friends are bitching about a friend of mine…..People at my school are horrible to me…..I have hardly any friends…..My friend is really depressed and I don’t know what to do…..

RELATIONSHIPS: I hate being single…..I think I’m gay/bi : How do I know for sure?.....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…..My boyfriend/girlfriend cheated on me…..I don’t feel good about having sex with this person…

PARENTS: My parents are ALWAYS nagging me to do stuff I don’t want to do…..My parents don’t let me do anything or if I’m allowed it has to be this big drama……I’ve had a massive fight with my parents (again) and feel totally furious with them……My parents and I just don’t have anything in common, we hardly ever talk……

SCHOOL: I’ve really got to do homework but I have zero motivation…..I really can’t stand my school and want to move but my parents won’t let me…..I’m seriously behind, have way too much to do and I’m not going to get it all done…..This assignment/work at school/course is just too complicated, I’m not smart enough…..

HEALTH AND SELF: My sleep is terrible …..I drank way too much last night and probably last weekend as well…..I need to stop smoking weed/taking pills ……I hate the way I look……I’m skipping meals- I feel guilty but I need to lose weight…..I cut myself and it makes me feel better……I think about awful things - I could never tell anyone about them……Sometimes I feel so angry, I feel out of control……I just feel awful and down, and I don’t even know why

*This is the perfect reference book for teens in tough times, and for teens who might face tough times in the future.*

*www.developingminds.net*