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How to Deal: Real-World Tools for Surviving Your Teenage Years

By Jerry Ph.D. Weichman

Lulu.com, United Kingdom, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Deal with it! How To Deal: Real-World Tools for Surviving Your Teenage Years gives teens the low down about coping with the unique challenges facing young adults and offers practical tools to help with peer pressure, academics, depression, anxiety, stress, friends and social drama, substance abuse, handling mistakes, and communication strategies to ensure a successful transition into adulthood. Jerry Weichman, Ph.D. is a clinical psychologist who helps preteens and teens lead happier lives. He oversees The Weichman Clinic in Newport Beach, which matches quality specialists with children, teens and young adults. His psychology practice is based at the Hoag Neurosciences Institute. He is a regular speaker about parenting, bullying and adolescent coping skills and is considered a media expert on the myriad of challenges facing teens today.



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Reviews

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