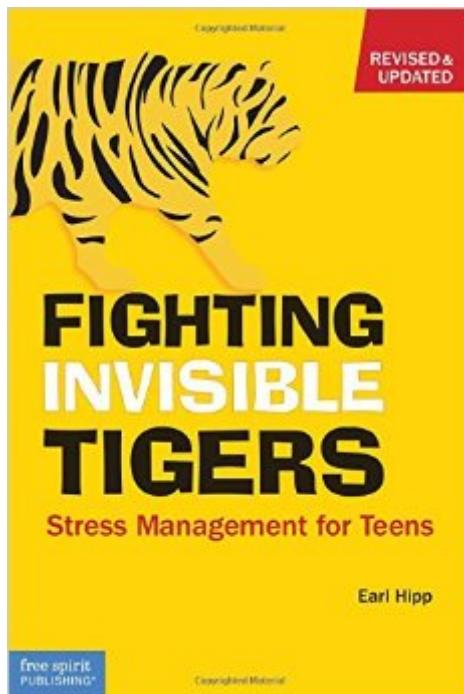


The book was found

# Fighting Invisible Tigers: Stress Management For Teens



## **Synopsis**

Stress is something we all experience. But research suggests that adolescents are affected by it in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive self-talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I feel stressed out!"

## **Book Information**

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Average Customer Review: 4.3 out of 5 stars (See all reviews) (21 customer reviews)

Best Sellers Rank: #128,553 in Books (See Top 100 in Books) #38 in Books > Teens > Education & Reference > Social Science > Psychology #48 in Books > Teens > Personal Health > Self-Esteem #100 in Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology

## **Customer Reviews**

This enjoyable, easy-read offers proven, practical advice to adolescents interested in acquiring stress and life management skills. Adults working with teens will find this book a valuable resource for helping adolescents understand what happens when they are stressed to the limits of their coping ability. The section "Self-Care for Tiger Bites" offers immediate first aid for those times when fast relief is needed to relieve overwhelming levels of stress. Using this book, teenagers and adults alike can crack the whip and tame the stress within.

Anxious and troubled and confused teens (most of the teen populations) will carry this portable

guide to survival for several days and come away reassured that they are not alone, and come away with useful skills to make life better and easier. Even the teen readers like it!!

I find this book, despite its small size & simple layout, to be an excellent guide/resource for teens. The analogy is interesting. When life is very stressful, it can feel as if you're in a jungle with lots of dangerous tigers --ferocious, hungry, invisible tigers, quietly stalking you. It covers everything from being assertive to building relationships, taking risks, making decisions, staying healthy, dealing with fears, using positive self-talk, & even growing a funny bone. There is also a "Self-Care for Tiger Bites" section which offers ready "first aid" for teens who need quick relief. Parents &/or educators who are also interested in this book, are advised to get hold of the Leader's Guide. It is designed to support & enhance the messages of the Student Book with a step-by-step curriculum in a dozen of easy-to-use sessions. It comes with two dozens of reproducible handout masters. Kudos to the authors for these two excellent guides/resources! I would strongly recommend readers to check out the publisher's website. They have an extensive repertoire of excellent guides/resources for kids, teens, parents as well as educators.

This book is excellent because the author deals definitively with the classic "stressors" in the lives of most students. The presentation provides practical coping strategies to identify stress and deal with it in a timely and constructive manner. There is coverage of the breathing techniques for greater oxygenation, as well as strategies to handle limited time and seemingly hostile peers and relevant others. The book advises students to do the following: to be assertive so that we have the time to attend to priorities, to build personal relationships, to take calculated risks in our decision-making, to make decisions over analysis paralysis, to stay healthy because we cannot do difficult sustained work unless we are healthy, to deal with fear constructively and within the bounds of people and things we can control. Overall, the volume would be a tremendous resource in order to assist students with personal planning at school and elsewhere.

Regardless your kids are gifted or not, this book is really good for tweens/teens to read. Some respond to it and some don't. However, the strategies and the written works are better than none; and it doesn't cost as much compare to the cost of sending your child to psychologist or psychiatrist. Easy to read and understand. It's best to read section by section with the child, so that you can discuss, supplement with more ideas or alternatives if those strategies in the book don't work. Don't read all at once! Take your time to read, discuss and put it to practice, so that you can observe what

works and don't work with the child. Thanks to psychologist Daniel Peter (SFO) for recommending the book.

This book was recommended and loaned to us, and my 14 year old didn't want to read it. I convinced her to try it. At the third chapter she started saying she liked it, by the fifth she was quoting it. She finished it and said we needed to own a copy ourselves.

This is an excellent resource for Stress Mgt for Teens. Both of my teens have read it and I have read it too. It describes and defines things in terms they can understand. It talks about a variety of relevant Teen issues: school, peer pressure, life choices, etc. Stress doesn't have to be bad. But we all need help to recognize life stressors and deal with them effectively. As a parent I have found this very helpful in the last 3 yrs. I pull it out periodically to remind myself how teens view the world and help me to help them. Also, I have had my teens reread sections when they have hit a wall on a particular issue. Teens face incredible challenges and living in the world of social media amplifies their everyday experiences (positive or negative).

I had many helpful tips to help me manage my stress! Thank you! The only bad thing was that I had to use one of its tips to read this book! I would recommend this book for any rising 6th graders because going into middle school is stressful! I will gladly use this books tips to help me reach my dreams!!!

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