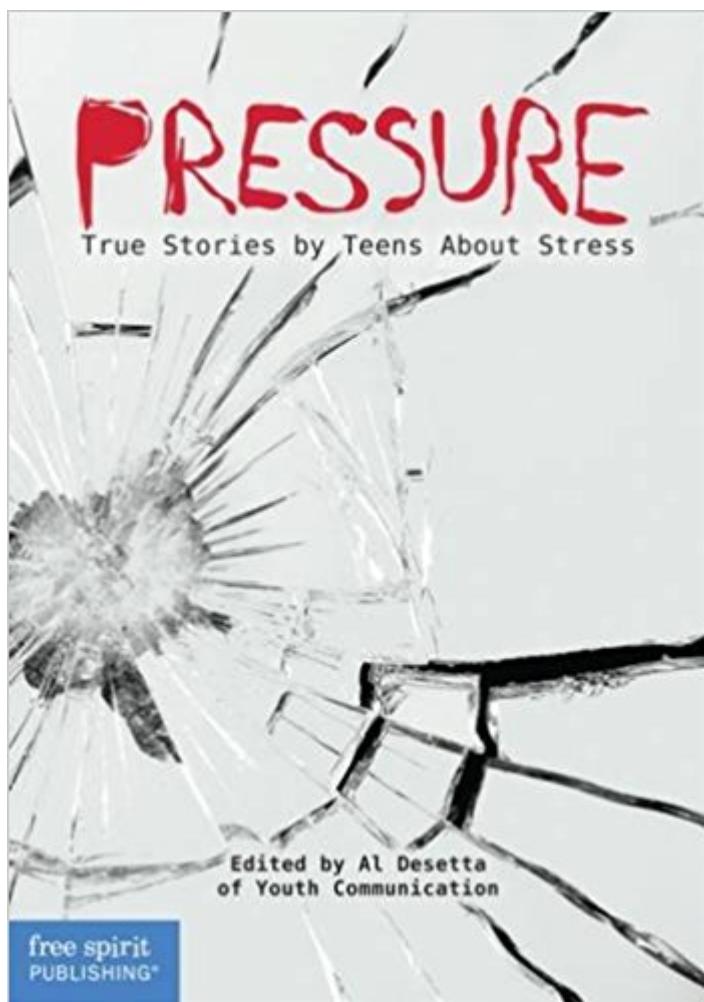


The book was found

Pressure: True Stories By Teens About Stress (Real Teen Voices Series)



Synopsis

Stress hits these teens from all angles: pressure at school, at home, and in their relationships. The writers describe their stress relief techniques, including exercise, music, writing, and more, and offer inspiring examples of perseverance. Includes tips for cooling down.Â Real Teen Voices Series Teens open up to tell personal stories that tackle difficult, real-life issues. Direct, revealing, and often raw, these voices will ring true for any teen reader who has faced bullying, anger, or stress. Each piece has been selected and edited to appeal to reluctant and emerging readers as young as seventh grade. Readers will be inspired by the writersâ™ courage and strength in working hard to overcome problems both large and small.

Book Information

Series: Real Teen Voices Series

Paperback: 165 pages

Publisher: Free Spirit Publishing (July 16, 2012)

Language: English

ISBN-10: 1575424126

ISBN-13: 978-1575424125

Product Dimensions: 5.2 x 0.4 x 7.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #717,443 in Books (See Top 100 in Books) #101 inÂ Books > Teens > Social Issues > Being a Teen

Customer Reviews

Gr 8 Up-Teens from New York-based Youth Communication pen autobiographical essays about their struggles with bullies, anger about bad home situations and unfair treatment, and pressure to conform or be successful. While not graphic or overly profane, their well-written stories are often harrowing to read, with frank accounts of abuse, neglect, sexuality, and crushing loneliness. Vicious is the darkest of the three, focusing on the destructive results of cruelty. In contrast, what is most striking about Rage and Pressure is the teens' resilience as they seek aid, learn coping strategies, or find outlets for self-expression. Introductions and concluding sections provide general information and resources. Teens will identify with the writers, discover that their own problems are not unique, and be encouraged to find help, making these titles, particularly Rage and Pressure, solid choices.

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âœTeens from New York-based Youth Communication pen autobiographical essays about their struggles with bullies, anger about bad home situations and unfair treatment, and pressure to conform or be successful. While not graphic or overly profane, their well-written stories are often harrowing to read, with frank accounts of abuse, neglect, sexuality, and crushing loneliness . . . What is most striking . . . is the teensâ™ resilience as they seek aid, learn coping strategies, or find outlets for self-expression.â•â "School Library Journal

This book needs to be in every middle and high school library. I bought one copy of this book and one copy of "Rage" for my 8th grade classroom library. Before either book talk was over, my students were already asking to read it. Academically smart students, sports inclined students, students who haven't read anything else all year, this was the book that everyone was reading. The best money I spent all year. Looking forward to additional books in the series!

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