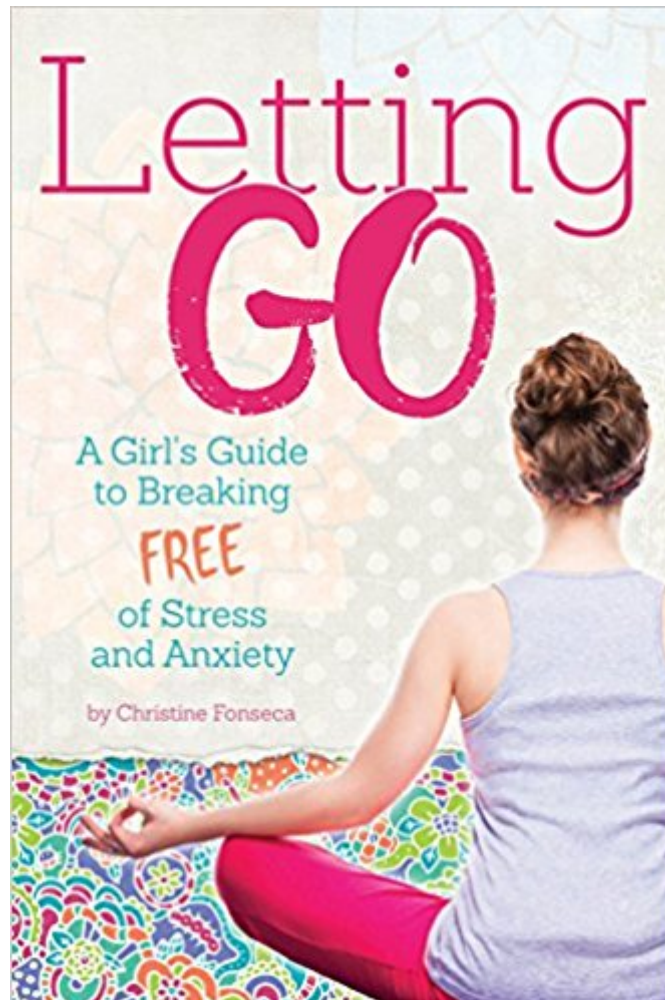




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Letting Go: A Girl's Guide To Breaking Free Of Stress And Anxiety



Synopsis

Do you ever feel like you'll never be perfect? Do you worry that what you say or do or wear will be how people remember you? It's time to let go of those worries and embrace who you are. Letting Go: A Girl's Guide to Breaking Free of Stress and Anxiety has everything you need to help you understand and manage the very real pressures you're facing from life. Designed to provide strategies for managing stress and anxiety, this book is filled with practical evidence-based advice and stories from teen and young adult women like you who have found ways to manage their anxieties. Every chapter features a discussion of different types of stress and anxiety so you can understand better what you're experiencing, activities to help you remember all the things you love about yourself and to help you understand yourself better, strategies for combating both stress and anxiety, and a stories of other girls who've learned to move past their stress and love their lives • and themselves • to the fullest.

Book Information

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Customer Reviews

Christine Fonseca is dedicated to helping children and adults find their unique voice in the world. Christine worked as a school psychologist in the elementary, middle, and high school levels for more than 17 years. Currently, she works as a consultant helping school districts support the behavioral and social-emotional needs of students. She also coaches children and parents to work through their anxieties and is the parent of two young adult daughters.

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