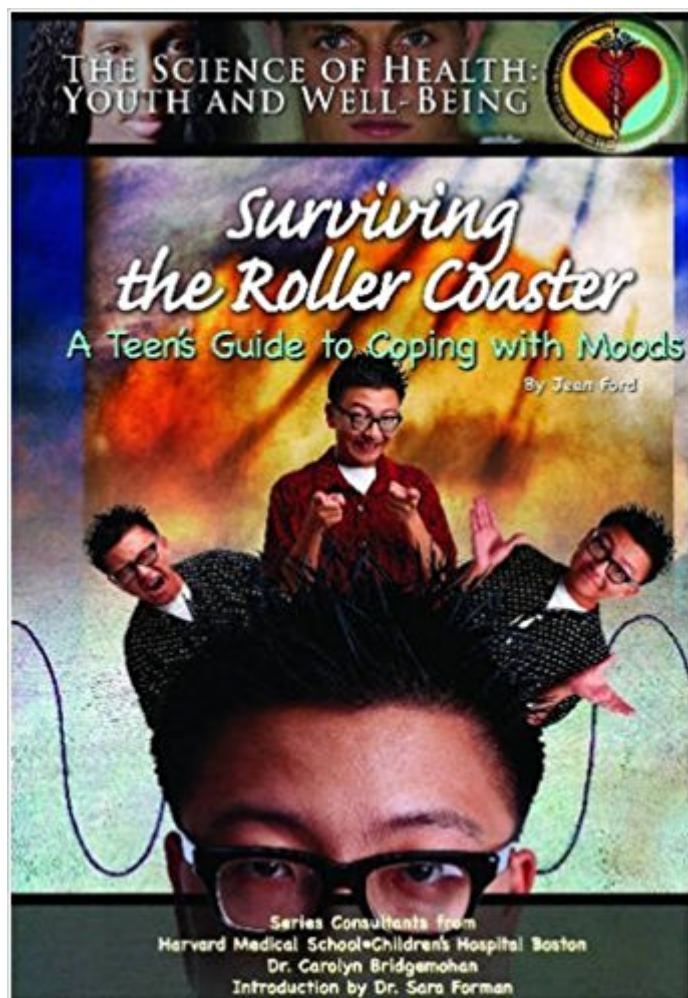


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Surviving The Roller Coaster: A Teen's Guide To Coping With Moods (Science Of Health Youth And Well Being)



Synopsis

Rapidly changing emotions, from contentment to irritability, anger to despair, euphoria to despondency, are common occurrences during your teen years. What causes these shifts in mood? This book helps you understand what's happening to you, and offers practical coping mechanisms.

Book Information

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