

Blame My Brain The Amazing Teenage Brain Revealed

Positively Teenage gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life. The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and achieve your potential. Full of practical, proven strategies for physical and mental health, Positively Teenage will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life. With these new strengths and skills, you can survive any storms and thrive on the challenges of your exciting life. Scattered throughout are POSITIVE BOOSTS: quick ideas for actions you can take to build positivity and well-being. Add them into your life and use your imagination and your new understanding to invent others. Positively Teenage gives you the power to let yourself flourish, achieve and be who you want to be. Use your powers well! Be truly, positively, teenage! Stand tall, stretch your arms wide, take a deep breath and say, loudly (or in your head), 'I can do this!' "Nicola Morgan has that rare gift of being able to communicate science and make it fun." Professor Simon Baron Cohen, University of Cambridge

I, Monster is a resource for all professionals in health and education who work with challenging young people. The book aims to explain the issues behind challenging behaviour, to enable empathy, and to facilitate a more productive therapeutic relationship between the health/education professional and the child. I, Monster is divided into three parts. Part one suggests that our greatest foes lurk deep within ourselves, and that knowing our own darkness is the best method for dealing with the darkness of other people (Jung, 1973). Part two focuses on the inner world of adolescents who use aggression to manage early terrors. Part three explores approaches and strategies to help them heal the pain of the past. Full of case studies as well as coverage of key concepts and theory, this book offers a fascinating insight into the minds of the young people you work with.

An uplifting and optimistic guide to navigating the ups and downs of teen years and preparing for adulthood. Author Nicola Morgan is an international expert on teen development and mental health. During her talks to parents of pre-teens, she immediately sensed two overriding emotions: fear and pessimism. Parents were worried about their children becoming teenagers, assuming that it would be a negative experience. Not only is that a sad outlook on the teenage experience--it doesn't have to be true! Breezy and compassionate, Positively Teen teaches teens how to approach their adolescent years with optimism and understanding, giving them the skills they need to develop long-term well-being. Full of practical, proven strategies, it includes advice on how to flourish both physically and mentally--from learning to do things you enjoy, to understanding how to look after your diet, exercise and attitude, to understanding your personality. With these strengths and skills in hand, teens will learn to weather any storm and thrive on the challenges of this time in their lives.

Traditional Chinese edition of Thinking, Fast and Slow, Amazon Best Books of the Month, November 2011. Kahneman is psychology professor emeritus at Princeton University and the 2002 Nobel Prize in Economic Sciences. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Anyone who works within children and adolescent mental health services will tell you what a challenging and complex world it is. To help prepare you, the authors have produced a clear introduction to child and adolescent mental health that takes you step-by-step on a journey through the subject. Beginning with the foundations, the book explores the common mental health concepts and influences that you can expect to encounter examining topics like the difference between emotional and mental health issues and how mental health problems develop. It then moves on to explore the vital skills that you will need to develop like effective communication and basic counselling skills, and introduces some of the common interventions like Cognitive Behavioural Therapy, Psychodynamic theory and Family work. Written by a multi-disciplinary team of passionate and experienced experts, the book strikes an effective balance between introducing the relevant theory and showing how this can be applied in the real world. It is an essential starting point to the subject of child and adolescent mental health and suitable for any students planning to support this group.

Written by teenage expert, Nicola Morgan, 'Body Brilliant' will help teenagers to develop or retain a positive body image. We're all bombarded with information and images - through the media and our peers - about being too big, too small, being cool, being popular or having the 'right' kind of clothes. This book addresses the body issues that nearly everyone worries about at some point in their lives and gives practical and mindful solutions to work through worries, using real-life examples, quotes and anecdotes from young adults interviewed especially for this book. 'Body Brilliant' explores psychological pressures that make us see our bodies in certain ways, positively or negatively, as well as considering how adolescent body changes, gender identity and gender expectations, sexuality and sexual orientation affect self-image, and looks at issues such as body dysmorphia and eating disorders. 'Body Brilliant' also encourages you to think about how you view differences in others and understand that variety is a brilliant thing. And that being yourself is much better than being just like everyone else. Learn to celebrate the differences that make every body brilliant!

It is Edinburgh, 1822, and young Robbie is eight years old when he witnesses his mother's pain and subsequent death from an operation - without anaesthetic - to remove a tumour from her breast at the hands of Dr Knox. Haunted by this terrible event, Robbie, his hapless father and baby sister Essie attempt to move on with their lives. But when Robbie's father loses all their money and disappears, Robbie is left to look after himself and his sister in the Edinburgh slums. Somehow he falls in with Burke and Hare, the two

established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is author of the internationally renowned Blame My Brain: The Amazing Teenage Brain Revealed (shortlisted for the Aventis prize for science) and The Teenage Guide to Stress (winner of the School Library Association Award 2015, with both the judges' and readers' awards). Now The Teenage Guide to Friends - written for teenagers but essential for adults who want to understand - tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down - as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types - introverts and extroverts - and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations. Complete with a list of helpful resources in the back.

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