

Positively Teenage A Positively Brilliant Guide To Teenage Well Being

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Positively Teenage by Nicola Morgan | Waterstones

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Holdings: Positively teen

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 and sexual orientation can affect self-image, and looks at issues such as body dysmorphia and eating disorders.

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And The Teenage Guide to Stress is the obvious starting point for a stressed teenager. (Mind you, Positively Teenage is trying to prevent that!) And for everything related to online well-being, look out for The Teenage Guide to Life Online, also published on May 24th.

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