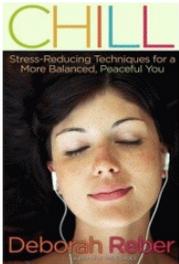


BKYLN Self Care Books for Teens

Self Care includes any actions you take to care for your physical, mental and emotional health. Self Care can be a touchy subject, because our society largely views Self Care as selfish and overly indulgent. However, that couldn't be further from the truth. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important things you can do to improve your life and the life of those you love.

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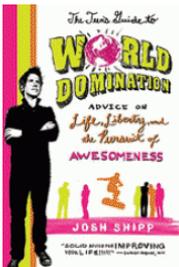


Chill

Deborah Reber ; illustrated by Neryl Walker.

Your day starts at 6am and ends at midnight--if you're lucky. You keep up with all two hundred of your friends on Facebook. You practically invented the word "multitasking." Sound familiar? You're not alone. You are part of the most

overscheduled, overprogrammed, and overwhelmed generation on the plane...

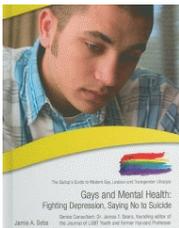


The teen's guide to world domination

Josh Shipp.

Teen advice guru and motivational speaker Shipp delivers a hilarious, inspirational guide for the millennial generation that covers everything from broken self-esteem to family crisis to what

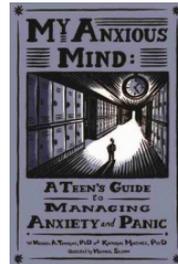
to do after high school.



Gays and mental health

by Jaime A. Seba.

Discusses homosexuality and mental health, focusing on issues with gender identity, problems with social norms, depression and suicide due to peer pressure and discrimination, and how to get help.

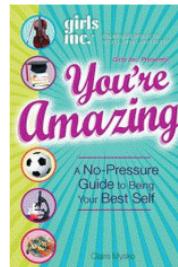


My anxious mind

by Michael A. Tompkins and Katherine A. Martinez ; illustrated by Michael Sloan.

The author offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether

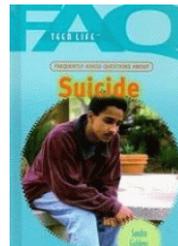
medication is right for them.



You're amazing!

Claire Mysko.

Packed with guidance from older teens, female role models, and activities from Girls Inc., this fun to read book is truly a guide to being your very best-and happiest-self.



Frequently asked questions about suicide

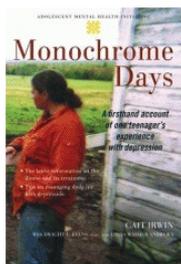
Sandra Giddens.

Discusses teenage suicide, including why some teens feel suicidal and how suicidal thoughts can be prevented and treated through psychotherapy and healthy living.

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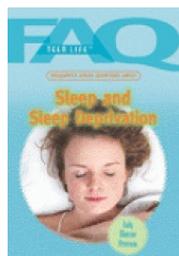
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Monochrome days

Cait Irwin with Dwight L. Evans and Linda Wasmer Andrews.

The author shares her experiences with childhood depression, explains what is currently known about major depression in adolescents, and offers tips on how to deal with depression both at home and at school.

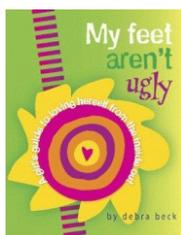


Frequently asked questions about sleep and sleep deprivation

Judy Monroe Peterson.

Describes the importance of sleep and its effects on the body, including common sleeping disorders, why some people do not get enough sleep, and medical aids for

sleeping.

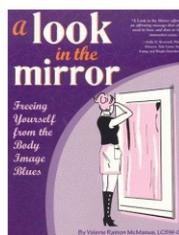


My feet aren't ugly

by Debra Beck ; illustrations by Maggie Anthony.

Do you ever feel bad about yourself or have trouble being yourself while still fitting in? Do you have tough questions you are afraid to ask? This funny, honest book, provides personal stories, quizzes, journaling exercises, and thoughts from

teens themselves to help you develop your self-confidence....

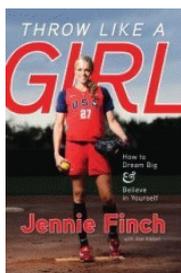


A look in the mirror

Valerie Rainon McManus.

This hands-on workbook on a hot topic shows girls how to sift through the powerful messages that society and the media send them about women's bodies and being feminine. It encourages them to let go of unrealistic standards of perfection

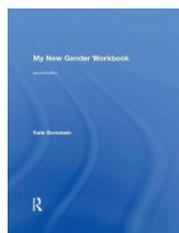
and cultivate a positive self-image based on who they are not h...



Throw like a girl

Jennie Finch with Ann Killion.

Throw Like a Girl inspires, motivates, and answers questions on issues that are specific to being a female athlete. Finch's book addresses the entire life of today's girl-not just fitness or physical preparation, but how to integrate the lessons of sports into life.



My new gender workbook

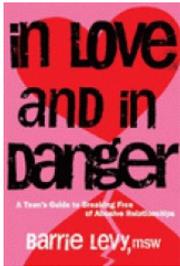
Kate Bornstein.

In My Gender Workbook, transgender activist Kate Bornstein brings theory down to Earth and provides a practical approach to living with or without a gender.

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In love and in danger

Barrie Levy.

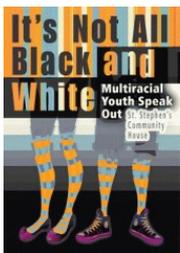
Included are facts about dating violence, tips for how to tell if your relationship is abusive, information on why dating abuse happens, and what you can do if you are being abused by (or are abusing) someone you love.



Fat! So?

Marilyn Wann.

Presents quotes, essays, and stories that tackle the latest taboo, being fat, and shows readers how they can reclaim their body and live a happy and healthy life at any size.

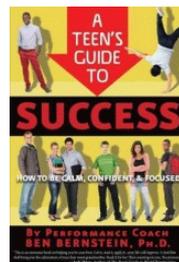


It's not all black and white

St. Stephen's Community House.

Biracial and multiracial youth discuss their lives and questions of identity through poems, essays, interviews, and personal reflections. Themes include navigating mixed-race relationships, dealing with prejudice and the assumptions people

make based on appearances, and working through identity confu...



A teen's guide to success

Ben Bernstein, Ph.D., Performance Coach.

A Teen's Guide to Success shares principles and skills that help teens discover their higher potential and learn how to be calm, confident and focused in whatever situation they find themselves. Teens will learn the same techniques that all top athletes, musicians, business

leaders and other success...



Frequently asked questions about overscheduling and stress

Daniel E. Harmon.

Discusses stress caused by overscheduling, why it can be harmful both mentally and physically, and provides alternatives to dealing with stress.