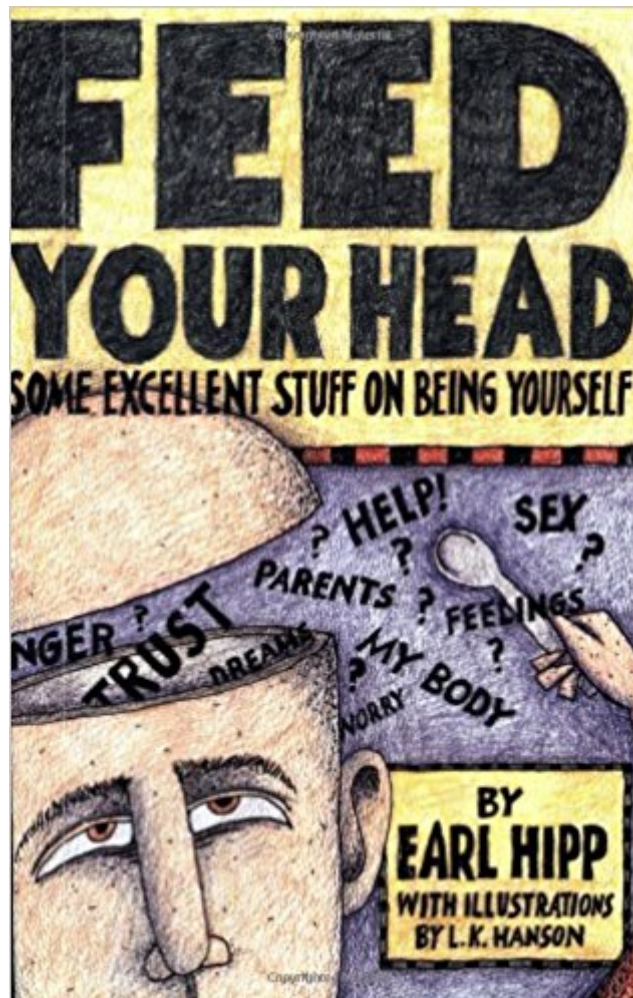




The book was found

Feed Your Head: Some Excellent Stuff On Being Yourself



Synopsis

A helpful guide to surviving and thriving in the stress of teen life, Educator Earl Hipp and cartoonist L.K. Hanson offer a healthy dose of humor to create a map through the teen years. An irreverent guide to surviving and thriving the stress of teen life. Educator Earl Hipp and cartoonist L.K. Hanson draw on their own lives, the comments from scores of young people, and healthy doses of humor to create a map through the teen years. Bold graphics and format attract young readers. For ages 11-17. This book, along with the Caring Circle: A Facilitator's Guide to Support Groups and Thirty-Eight Great Handouts are all part of a complete curriculum to use in developing broad-based support groups for young people ages 12 and older. Other books that can be purchased that are part of this program to help teens in specific areas are: -Help for the Hard Times (Grief & Loss)-Fighting Invisible Tigers (Stress)-Understanding the Human Volcano (Violence)

Book Information

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Customer Reviews

A fourth-generation alcoholic, Jack Erdmann has been sober for more than 20 years. An accomplished salesman and businessman, he has more recently made a name for himself as the author of *Whiskey's Children* and a lecturer. He lives in the San Francisco area.

Catchy title - from Jefferson Airplane - and good graphics -- but I can't see my teen son actually being interested in reading this book, so it will not be much help as the guide/reference book I hoped it would be. It does address specific, troubling, teen issues and gives candid info on how to respond to situations -- but the book is not something, I think, that teens -- especially those it is

intended to help - will use and learn from without parental oversight and guidance.

Great book - Both of my kids and I read this book and it help give them some tools to deal with the conflict between their mother and I as a result of our divorce. The book provided me an increased awareness of what they were going through.

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