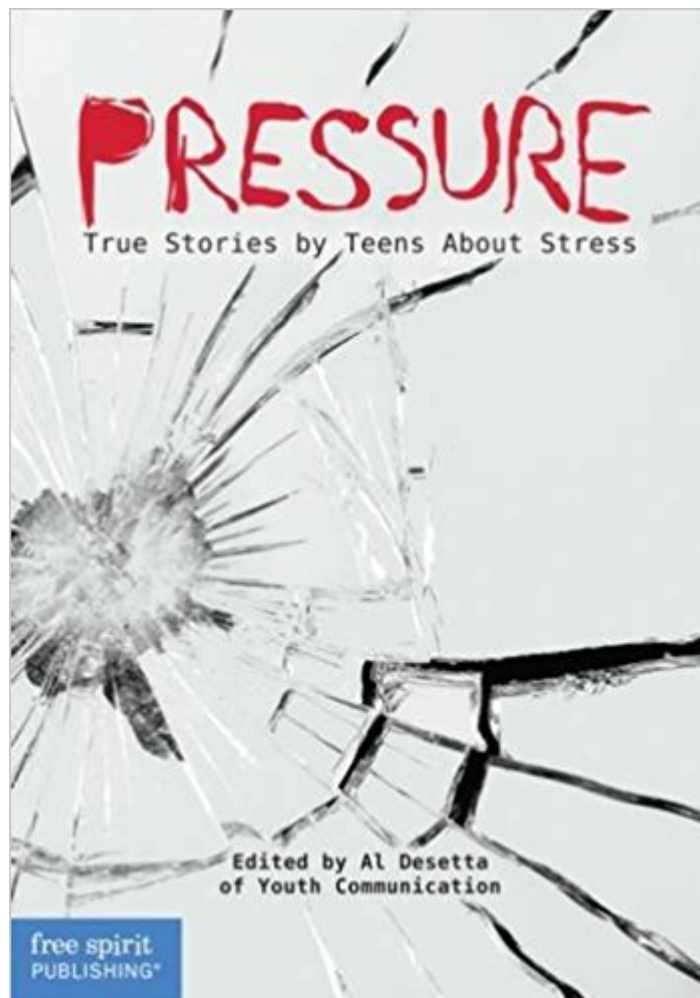




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# Pressure: True Stories By Teens About Stress (Real Teen Voices Series)



## Synopsis

Stress hits these teens from all angles: pressure at school, at home, and in their relationships. The writers describe their stress relief techniques, including exercise, music, writing, and more, and offer inspiring examples of perseverance. Includes tips for cooling down. **Real Teen Voices Series** Teens open up to tell personal stories that tackle difficult, real-life issues. Direct, revealing, and often raw, these voices will ring true for any teen reader who has faced bullying, anger, or stress. Each piece has been selected and edited to appeal to reluctant and emerging readers as young as seventh grade. Readers will be inspired by the writers' courage and strength in working hard to overcome problems both large and small.

## Book Information

Series: Real Teen Voices Series

Paperback: 165 pages

Publisher: Free Spirit Publishing (July 16, 2012)

Language: English

ISBN-10: 1575424126

ISBN-13: 978-1575424125

Product Dimensions: 5.2 x 0.4 x 7.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #717,443 in Books (See Top 100 in Books) #101 in Books > Teens >

Social Issues > Being a Teen

## Customer Reviews

Gr 8 Up-Teens from New York-based Youth Communication pen autobiographical essays about their struggles with bullies, anger about bad home situations and unfair treatment, and pressure to conform or be successful. While not graphic or overly profane, their well-written stories are often harrowing to read, with frank accounts of abuse, neglect, sexuality, and crushing loneliness. *Vicious* is the darkest of the three, focusing on the destructive results of cruelty. In contrast, what is most striking about *Rage* and *Pressure* is the teens' resilience as they seek aid, learn coping strategies, or find outlets for self-expression. Introductions and concluding sections provide general information and resources. Teens will identify with the writers, discover that their own problems are not unique, and be encouraged to find help, making these titles, particularly *Rage* and *Pressure*, solid choices. (c) Copyright 2011. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No

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“Teens from New York-based Youth Communication pen autobiographical essays about their struggles with bullies, anger about bad home situations and unfair treatment, and pressure to conform or be successful. While not graphic or overly profane, their well-written stories are often harrowing to read, with frank accounts of abuse, neglect, sexuality, and crushing loneliness . . . What is most striking . . . is the teens’ resilience as they seek aid, learn coping strategies, or find outlets for self-expression.” •School Library Journal

This book needs to be in every middle and high school library. I bought one copy of this book and one copy of "Rage" for my 8th grade classroom library. Before either book talk was over, my students were already asking to read it. Academically smart students, sports inclined students, students who haven't read anything else all year, this was the book that everyone was reading. The best money I spent all year. Looking forward to additional books in the series!

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Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Teen Book Series: Peer Pressure vs. True Friendship! Surviving Junior High (A self help book for teens, parents & teachers) Haunted Dolls: Their Eyes Are Moving: Creepy True Stories Of The Kids Toys... (True Horror Stories, True Hauntings, Scary Short Stories, Haunted ... Stories, Hauntings And Ghosts) (Volume 1) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Real Teens, Real Stories, Real Life Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii

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