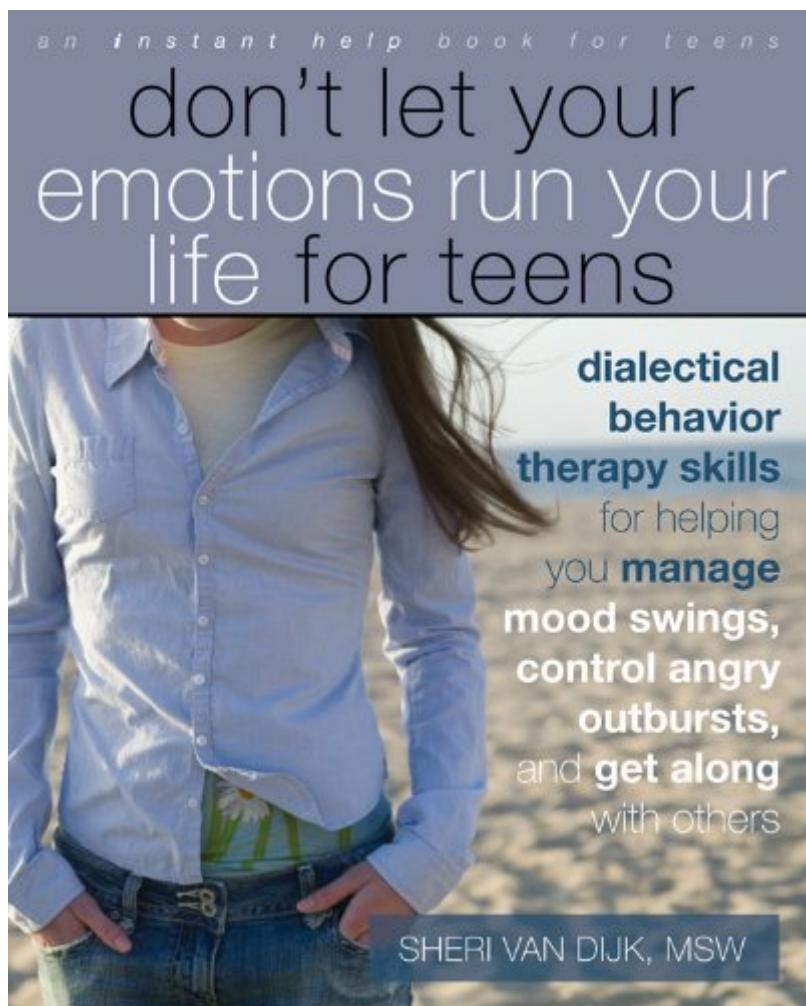


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# Don't Let Your Emotions Run Your Life For Teens: Dialectical Behavior Therapy Skills For Helping You Manage Mood Swings, Control Angry Outbursts, And (Instant Help Book For Teens)





## Synopsis

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated-and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. *Don't Let Your Emotions Run Your Life for Teens* is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy (DBT), a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you:

- Stay calm and mindful in difficult situations
- Effectively manage out-of-control emotions
- Reduce the pain of intense emotions
- Get along with family and friends

## Book Information

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## Customer Reviews

This thoughtful book helps teens change their thinking to help control their emotions. The checklists at the beginning of the book help teens pinpoint erroneous thinking.

Great tool for teens struggling with emotion regulation and interpersonal relationships

Adults can use this too - recommended to me by my therapist as a less dense way to interact with dialectical behavior psychology.

I've been a teacher for 37 years and have only grown more and more disturbed by the refusal of schools to address the critical realities of the emotional and interpersonal issues kids face. These are the issues that shape their lives and their futures. I've searched for THE book that can address the emotional/psychosocial health of teenagers in a way they can grasp and internalize. This is it. Thank you, Sheri Van Dijk and New Harbinger Publications. You are changing lives and SAVING lives.

This book is valuable in getting teens to grasp the importance of managing your emotions. They have practical exercises that helps the teen learn life skills to overcome rejections, shortcomings, and failures in life.

I've been adapting the information and activities in this book for a group I run for teenage girls. I'm really impressed with how responsive the girls have been to this. The language used in the book is age-appropriate, and complicated concepts are broken down so that all my group members can understand. I would highly recommend this for my clients or as a resource for other counselors.

Excellently written and very helpful

Great. My adolescent clients like this book. They will read it, which is half the battle!

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