

The Teenage Guide To Stress

By Nicola Morgan



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Another useful and informative guide for teenagers from the author of Blame my Brain: The Amazing Teenage Brain Revealed. This book deals with the topics that can

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Nicola Morgan is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is the author of the internationally

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Nicola Morgan classic book on the teenage brain, The Teenage Brain Revealed and her latest The Teenage Guide to Stress are available at the Guardian bookshop.

<http://www.theguardian.com/childrens-books-site/2014/sep/02/teenage-guide-to-stress-top-tips-nicola-morgan>

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The Teenage Guide to Stress. Published in 2014. After the success of Blame My Brain, which covers all the internal upsets and stresses of adolescence, I wanted to

<https://www.nicolamorgan.com/category/brains/>

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'The Teenage Guide to Stress' by Nicola Morgan is an informative book, which not only talks about many common teenage problems, but also how to deal with them.

<http://www.theguardian.com/childrens-books-site/2015/jan/20/review-nicola-morgan-teenage-guide-to-stress>

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one of the things I say often in the Teenage Guide to Stress is the need Nicola Morgan is the as well as award-winning teenage novels. Nicola

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The teenage guide to stress: eating disorders by Nicola Morgan. This chapter from Nicola Morgan's book: The teenage guide to stress looks at the issue of eating

<http://teachers.theguardian.com/teacher-resources/16656/>

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<http://lqpdf.thecrossingventura.com/the-teenage-guide-to-stress-nicola-morgan-17403650.pdf>

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<https://www.nicolamorgan.com/tag/the-teenage-guide-to-stress/>

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