



Don't Sweat the Small Stuff For Teens Journal (Don't Sweat the Small Stuff (Hyperion))

Richard Carlson

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From the author of the bestselling *Don't Sweat the Small Stuff* series comes a beautifully designed journal for teens to record the stresses of everyday life.

In *Don't Sweat the Small Stuff for Teens*, Richard Carlson, Ph.D., offered teens simple techniques for coping with life's everyday challenges. Now he offers them a tool in which to write about and reflect upon every facet of their lives: academics, sports, social situations, family life, money matters, even work.

Filled with guiding questions for teens to answer, blank lined spaces for recording stressful moments, and inspirational quotes, the *Don't Sweat the Small Stuff for Teens Journal* is private space for teenagers to record and come to terms with their most intimate thoughts and fears.



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