

No More Worries!

by O'NEILL, POPPY

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Do you worry a lot?
Your teens are full of new challenges peer pressure, exams, wondering what the future holds and everything in between. It's normal to feel anxious sometimes, but when it starts to affect your health and happiness it's time to show worry the door and get your life back on track. No More Worries! contains top tips and activities to help you alleviate the symptoms of anxiety and feel better equipped to cope when it strikes, while remaining positively you.

Price: \$12.99 (Top Price is \$26.99)
Stock: Plenty Of Stock
Item Code: NOMORWO

ISBN: 9781787839359
Book Format: Paperback
Pages: 144
Dimensions: H 210mm x W 150mm x D 10mm
Weight: 290g

