

The Feminist Bookshop

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Teenage Self-Esteem/Feelings

Changing Bodies Changing Lives

Ruth Bell \$45.95

Info teens need about bodies, sex, feelings, relationships, and how to manage life and growing up.

Hello Cruel World

Kate Bornstein \$25.95

101 alternatives to suicide for teens, freaks, & other outlaws. An affirming book to help kids at risk want to stay alive in a scary world. Also deals with bullying. Specially to help kids who feel they are different.

Changes In You And Me

Paulette Bourgeois \$24.95 each

A book about puberty for girls.
A book about puberty for boys.

The Straight Talk Manual

Diane Brokenshire \$55.00

A self-esteem and life skills workbook for young people now in DVD, which has replaced the book and has been updated, with two additional chapters. Also available *Straight Talk Card Deck \$25.00*.

The Creative Journal For Teens

Lucia Capacchione \$33.95

Exercises in writing and drawing to help teens develop self-esteem.

When To Really Worry

Michael Carr-Gregg \$21.95

When does normal teenage behaviour become something you really need to worry about.. mental health problems in teens and what to do about them.

Girl Stuff

Kaz Cooke \$39.95

Essential guide to the teen years for girls. Everything you need to know to get through every change and challenge.

The 7 Habits of Highly Effective Teens

Sean Covey \$29.95

Personal workbook with exercises to help teens build effective living skills.

Taking Charge

Sarah Edelman \$22.00

Practical guide for teens to manage some of the challenges that arise in adolescence. From a well-respected Sydney therapist who uses CBT.

Succeed Every Day

Pamela Espeland \$21.95

Inspirational daily readings for teens.

Life Lists For Teens

Pamela Espeland \$24.95

Tips, steps, hints and how-tos for growing up, getting along, and having fun.

Making Every Day Count

Pamela Espeland \$24.95

Daily readings for young people on solving problems, setting goals, and feeling good about yourself.

Making The Most Of Today

Pamela Espeland \$24.95

Daily readings for young people on self-awareness, creativity, and self-esteem.

From Surviving To Thriving

Andrew Fuller \$29.95

Mainly directed at professionals working with teens, ideas to promote mental health in young people.

Let's Talk About Sex

Robie Harris \$24.95

For young teens, all about growing up, changing bodies, sex, and sexual health. Great for parents and teachers too, who are involved in sex education.

Young People And Substance Abuse

Justin Healey ed \$17.95

Educational resource book for teens, parents, and teachers looking at drug abuse and alcohol.

Fighting Invisible Tigers

Earl Hipp \$26.95

Easy to read stress management guide for teens.

In Control

Millicent Kellner \$48.95

Skill-building workbook for teaching young adolescents to manage anger.

Help Your Teenager Beat An Eating Disorder

James Lock \$32.95

Wisdom to help parents guide their teens through an eating disorder towards good health.

The Anger Workbook For Teens

Raychelle Lohmann \$26.95

Activities to help teens deal with anger and frustration, and to feel calm in the face of everyday problems.

Respect

Courtney Macavinta \$29.95

Girl's guide to getting respect and handling it when your boundaries are crossed. Great workbook for teenage girls.

Being Normal Is The Only Way To Be

Wayne Martino & Maria Pallotta-Chiaroli \$39.95

Adolescent perspectives on gender and school. Draws on the perceptions and writings of teenage girls and boys to build knowledge of what it means to be an adolescent at school, what it means to be "cool" and "normal".

Boys' Stuff

Wayne Martino & Maria Pallotta-Chiaroli \$24.95

Boys talking about what matters to them, funny, tragic, shocking, and honest.

Being A Happy Teen

Andrew Matthews \$24.95

Easy to read and humorous suggestions, for teens, their parents, and teachers. A must for school libraries.

Life Strategies For Teens Workbook

Jay McGraw \$28.95

Fun workbook full of quizzes, tests and questions to help teens figure out who they are and where they are going.

Trouble In My Head

Mathilde Monaque \$25.95

Touching and true story about a young girl developing depression at age of 14, and how she came out of it.

"I'm Like So Fat!"

Dianne Neumark-Sztainer \$29.95

Helping teens make healthy choices about eating and exercise in a weight-obsessed world.

Bringing Up Parents

Alex Packer \$34.95

Handbook for teens on looking at day to day issues with parents, and how to negotiate good relationships with them.

Girls' Talk

Maria Pallotta-Chiaroli ed \$29.95

Young women reflect on their lives, hopes, happiness, worries, and pain.

Teen Esteem

Pat Palmer \$19.95

A self-help book for young adults 3rd Edition of best seller for teens.

Help Yourself For Teens

Dave Pelzer \$32.95

Dave survived horrific abuse himself as a child, and is now a father and successful writer with good straight-talking advice to teens.

The Essential Guide To Talking With Teens

Jean Peterson \$59.95

Workbook style, ready-to-use discussions for school and youth groups.

Helping Adolescents And Adults To Build Self-Esteem

Deborah Plummer \$49.95

Photocopiable resource book with self-esteem exercises.

How To Control Your Anger (Before It Controls You)

Ron Potter-Efron \$12.95

Guide for teens. Small workbook packed with information.

How's School?

Erin Shale \$24.95

Helping your teenager get the most out of high school. Guidance from an experienced teacher and school counsellor.

The Complete Survival Guide For High School And Beyond

Erin Shale \$25.95

Well-known Australian educator writes to give teens a guide to confidence, success and happiness.

My Anxious Mind

Michael Tompkins \$32.95

Teen's guide to managing anxiety and panic, simple to use tools and strategies.

Strengths-Based Counseling With At-Risk Youth

Michael Ungar \$50.95

Helps parents and professionals to respect adolescent experience, and to find strength and resilience buried beneath problem behaviours.

The Grief Book

Elizabeth Vercoe \$17.95

Excellent book of strategies for young people needing help to deal with grief and loss.

Also have a look at our booklists called Girls Boys Parenting Skills

Prices can change without notice due to publisher increases beyond our control.