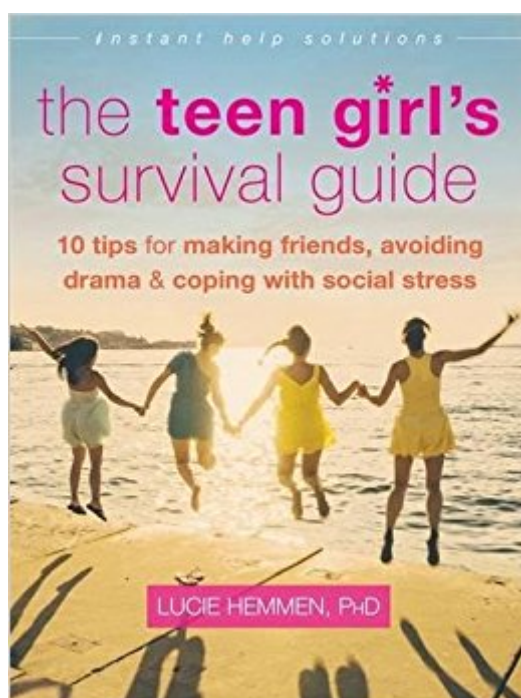


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# The Teen Girl's Survival Guide: Ten Tips For Making Friends, Avoiding Drama, And Coping With Social Stress (The Instant Help Solutions Series)



## Synopsis

As a teen girl, you are likely feeling pressure and stress from every direction. Having good, healthy relationships with friends you can count on makes all the difference. In this guide, psychologist and teen expert Lucie Hemmen offers ten tips to guide you toward creating and maintaining the social life you want. Even better, the real experts that make this guide special are older teen girls who have recently been where you are now—and have plenty to say about it. As you move through this fun and engaging guide, you will get a sense of who you are as a friend, appreciate authentic qualities you can share with others, and get moving toward expanding the quality and quantity of your social connections. Before you know it, small steps will lead to big changes and you will find yourself more confident, connected, and happy. Grounded in evidence-based cognitive behavioral therapy (CBT), the ten tips guide you in developing yourself in both simple and significant ways. You will engage in thought-provoking exercises and take fun quizzes spaced between tips to get you thinking more deeply about yourself and others. If you're ready to get going on your social life, this book will show you the way.

## Book Information

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## Customer Reviews

"I remember how hard it was to be a teen, and I think the bullying, peer pressure, and expectations have only increased over the years. Lucie Hemmen's *The Teen Girl's Survival Guide* provides helpful exercises for teen girls to increase self-awareness, and concrete skills to help improve self-esteem and reduce the chaos and drama teen girls often

encounter. This is a lovely book that aims to help teen girls think about and move toward the person they truly would like to be.

• Sheri Van Dijk, MSW, RSW, psychotherapist, international speaker, and author of several books, including *Surviving the Emotional Roller Coaster*, *Relationships Skills 101 for Teens*, and *Don't Let Your Emotions Run Your Life for Teens*—“This thoughtful book will inspire teen girls to be their best self, their most authentic self, and to navigate social media and texting. A wise guide for every teen girl.”

• Lara Honos-Webb, PhD, author of *The ADHD Workbook for Teens*, *The Gift of ADHD*, *The Gift of ADHD Activity Book*, and more (<http://www.addisagift.com>)—“The *Teen Girl's Survival Guide* is packed with powerful skills to help you develop and grow healthy relationships and positive connections. It helps you to identify and build on the skills you already have, and to discover and try out new ones along your journey of self-discovery, as you figure out who you are and where you fit in. The best part of the book is the wisdom and experience of actual teens in their own words—teens who really get it, and can help you navigate social landmines and take your connectedness to the next level!”

• Dzung Vo, MD, author of *The Mindful Teen*—“In *The Teen Girl's Survival Guide*, Lucie Hemmen uses a down-to-earth and engaging format to help readers manage critical teen issues, from social media stress to friend communication to self-esteem and sound decision-making skills. Teens will enjoy the advice from older girls, quizzes, and self-awareness exercises on topics they grapple with in their everyday life, while supervising adults will take comfort in the wisdom and solid guidance provided for keeping girls on track for making safe social choices.”

• Lisa M. Schab, LCSW, psychotherapist and author of *The Self-Esteem Workbook for Teens*, *The Anxiety Workbook for Teens*, and *Beyond the Blues*—“Hemmen guides the readers through every important challenge that teen girls face. She provides excellent tips and tools that will help them successfully navigate these critical years. Readers will not only survive, but thrive!”

• Michelle Skeen, PsyD, psychologist, author of *Love Me, Don't Leave Me*, and radio host of *Relationships 2.0* with Dr. Michelle Skeen on KCAA 1050-AM—“The *Teen Girl's Survival Guide* nails the challenging and emotional nuances of growing up girl. The tips and tools Hemmen suggests are refreshingly honest, wise, and heartfelt. I look forward to sharing this resource with teens, parents, and educators.”

• Julia V. Taylor, MA, author of *The Body Image Workbook for Teens*, *Salvaging Sisterhood*, and *Perfectly You*; and coauthor of *G.I.R.L.S. (Girls in Real Life Situations)* and *The Bullying Workbook for Teens*—“Lucie Hemmen's book provides ten fantastic tips that will help any teen girl thrive more in her life. The quizzes in each chapter are fun to take, and help to focus

both on strengths and areas to work on. This book gives invaluable guidance on how to navigate the exciting and challenging world of social media.

• Jennifer Shannon, MFT, clinical director at the Santa Rosa Center for Cognitive-Behavioral Therapy, and author of *The Shyness and Social Anxiety Workbook for Teens*

“Hemmen provides girls with an invaluable resource, a guide for helping them handle tough interpersonal situations while helping them improve their self-esteem. Hemmen positions herself as a mentor and therapist by talking to readers on their level, which is so important. Readers will connect to the real girls’ stories, and learn from the advice and tools Hemmen seamlessly weaves in through the chapters. I recommend this book for anyone working with teen girls, adolescents, and their parents. A must-have on bookshelves.”

• Emily Roberts, MA, LPC, psychotherapist and author of *Express Yourself*

“Finally, the guidebook to adolescence so many women I know wish they’d had, but can now offer their daughters, patients, students, and friends.”

• Christopher Willard, PsyD, author of *A Child’s Mind and Mindfulness for Teen Anxiety*, Cambridge Health Alliance/Harvard Medical School

Lucie Hemmen, PhD, is a licensed clinical psychologist who specializes in working with teens and their parents in private practice while raising two teen girls of her own, Marley and Daisy. She is author of *Parenting a Teen Girl*, and has written *The Teen Girl’s Survival Guide* for girls who identify social stress as a top concern. Hemmen lives and practices in Santa Cruz, CA.

Great reading :-)

I got this for my niece before she enters her freshmen year of high school. She’s had some issues with two-faced friends and really enjoyed the book and it’s perspective.

My Granddaughter loved this book!

Great for middle schoolers. This is a challenging time for young girls and this book helps them stay on track along with your guidance.

Loved this book! Finally, an author who clearly likes teen girls. I bought this book for my daughter for a Christmas present and after reading it first, couldn’t wait that long to give it to her. My favorite part of the book was the practical, easy to understand tips for girls. My daughter’s favorite part were the

quizzes and the exercises. I am making sure all of my friends put this book on their Christmas list. My daughter has already loaned it out to her best friend who is in a Social crisis at the moment. Thanks Dr. Lucie from a Dallas Mother:)

Rather than attempting to be a comprehensive, overbearing, 'cover to cover fix' for all teen problems, author Lucie Hemmen has chosen to focus in on 10 key problems teen girls face. The use of young adults to recount the things that did and didn't work for them paired with 'exercises' at the back work together to make a friendly tone that doesn't talk down to teens. As a parent, I found the book to be quite good. For my 12 year old, who is about transition into middle school from 6th grade, she found it useful to identify areas/issues that could become very problematic in coming years. The results of doing the CBT-themed exercises were surprising. The book breaks down into 10 'tips': Know what you bring to the party, Leave your comfort zone, Increase contact, Nurture connections, Weed out negative social habits, Communicate through conflict, Communicate for closeness, Be your best self in social media and texting, Be more and think less, Practice balance. All topics are rooted in CBT (cognitive behavior therapy): being mindful rather than instinctual as well as writing down thoughts/ideas. As such, there is a lot of 'extra' work in each chapter of actually writing things such as "positive thoughts today' or "qualities my friends like in me". Fortunately, they aren't daunting and written well to be interesting. Overall, the focus is on being confident and true to oneself as well as developing positive interpersonal skills (e.g., being involved and having great friends). This is more for your average teen girl rather than a very troubled one having issues with sex and drugs at a young age. It's more about building than fixing, in that respect. My daughter and I have read other CBT type books but I feel this one has a great balance of applicability to brevity. It doesn't try to cover too much and isn't so wordy that it talks down to teens. The author cleverly uses examples from older girls to make a lot of the points and then summarizes them to drive the points home. The exercises turn that information into direct applicability to each teen so the concepts are no longer general or nebulous. In all, both my daughter and I found the book to be very helpful and useful. Reviewed from an advance reader copy provided by the publisher.

Information presented is pretty basic but it is presented in a very relatable manner. Best utilized by having the teen girl read the book.

Great info for uncertain times....:)

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Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker)

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