



# **The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress (The Instant Help Solutions Series)**

*Lucie Hemmen PhD*

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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)

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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.

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