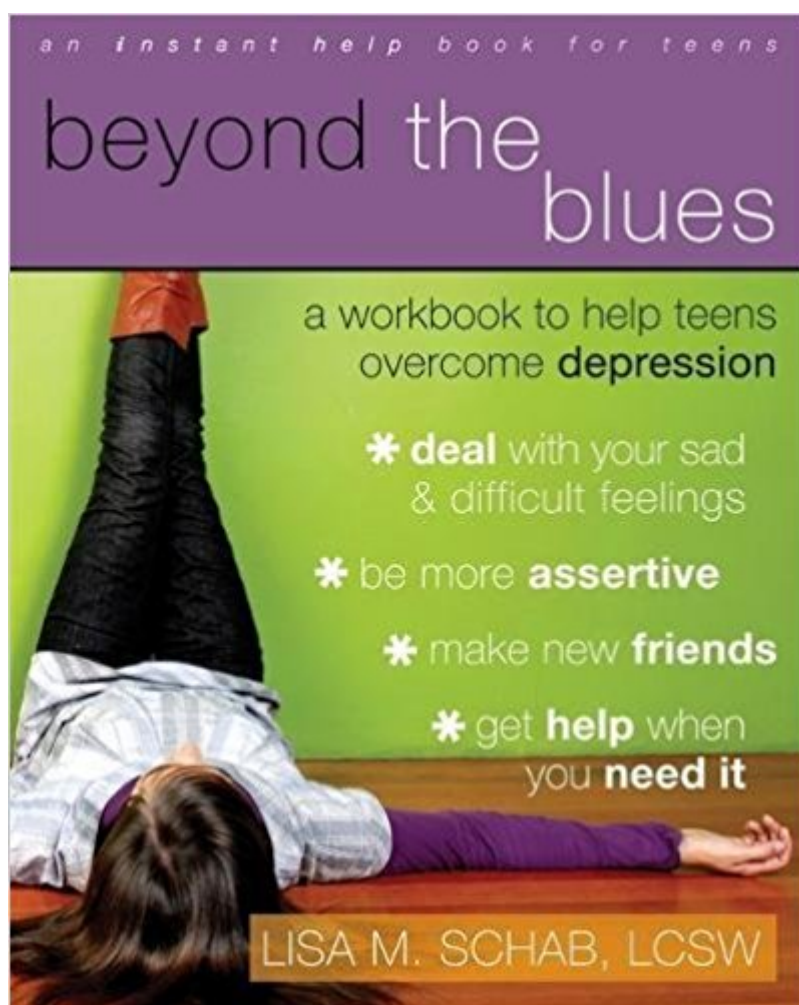



The book was found

Beyond The Blues: A Workbook To Help Teens Overcome Depression (An Instant Help Book For Teens)



Synopsis

Many people experience depression at one time or another in their lives, but during the adolescent years, the vast number of physical, emotional, and mental changes that occur make teens even more susceptible to feelings of confusion or sadness. However your depression originates, you must learn to handle it so that you can manage the stresses of daily life. The activities in *Beyond the Blues* can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future. Since everyone is different and heals in slightly different ways, this book presents a wide variety of exercises. Know that as you work through this book, you are doing something good for yourself. You are learning to cope with your feelings and take care of yourself in a healthy way. You can learn to manage depression just like you learned to tie your shoes or read and write. Just give it a chance and be patient with yourself. You deserve to feel good, and you will if you keep working at it! If you're feeling depressed, don't be afraid to reach out for help. This workbook offers things you can do, both on your own and with a counselor, to start feeling more like yourself again. 

Book Information

Series: An Instant Help Book for Teens

Paperback: 184 pages

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Language: English


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Product Dimensions: 0.5 x 8 x 10 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 72 customer reviews

Best Sellers Rank: #21,259 in Books (See Top 100 in Books) #4 in  Books > Teens > Personal

Health > Depression & Mental Health #51 in  Books > Teens > Social Issues #52

in  Books > Parenting & Relationships > Special Needs

Customer Reviews

Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the Chicago suburbs. She writes a monthly parenting column for Chicago Parent magazine and is the author of eight self-help books and workbooks for children and adults. Schab teaches self-help and

relaxation therapy workshops for the general public and professional training courses for therapists. She received her bachelor's degree from Northwestern University and her master's degree in clinical social work from Loyola University. You can find out more about Schab at lisamschabooks.com.

There is not enough good I can express, perfect! I can say of this entire series! We have a girl that is entering the Teen years, that suffers from a Neurological/Mental Health disorder, that just makes everything more difficult for her. We have found that this series is just beyond awesome, every single book! Each workbook works through the issue at hand in an exploration framework to start out, individualized Therapy for the person to see where the problem originates, and, moves through many helpful exercises, and, strategies to make everything so much easier to deal with! We have had a well trained Therapist for years, a great Child Psychiatrist, and, I am studying to be a Child Psychologist myself, after my own experiences, and, these books are exceptional help for younger than Teen, Teen, and, even Adults we've all found. Please do not limit yourself to exploration of this one issue, please DO REVIEW the other titles, because i've found often there may be one issue, ie. Anger, and, under or around that are other issues, ie. Self-Esteem, so any one of the books may be exactly the right recipe for your Child!

I've used this workbook, as well as others by these authors. I like the workbooks and find them useful; however, the stories and some of the activities are a bit "corny" and irrelevant for high school teens that I work with. I usually just skim the stories and at times have skipped over entire activities because the activities are elementary-like, and the high schoolers I work with don't take them seriously. Overall, though, these workbooks are very helpful and open up a lot of conversations and help teens really think about their behaviors and how they approach them.

As a counselor, I've used many of these "instant help" books for teens. All others I have received have been great. This one, however, was very disappointing. The content is extremely childish. None of my teenagers would be interested in participating in most of these activities.

this workbook was really helpful for me, and unlike other workbooks it didn't make me feel...crazy or undermined or anything. x

Great help for my teenage daughter to work through her depression. It really helps her organize her

thoughts and feelings of sadness.

This workbook represents a more simple view of depression that may be easier for teens and adolescents to understand. While I appreciate this and the activities are helpful I believe they should be modified to match your client, child, student, self, etc.

It was an okay book and even since it's aimed at teens it didn't really interest me or help me deal with depression.

I love using this workbook with teens

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Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)
Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner)
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The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Postpartum

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