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The Self-Esteem Team's Guide to Sex, Drugs and WTFs!?

By The Self-Esteem Team

John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, The Self-Esteem Team's Guide to Sex, Drugs and WTFs!?, The Self-Esteem Team, Sometimes being a teenager can seem like a relentless merry-go-round of people telling you how to dress and behave, who to be friends with, what grades you must get in order to avoid a destiny of failure and, most importantly, why you're spectacularly effing it all up. The Self-Esteem Team know this - because they were teenagers once. Obsv. In fact, they were teenagers enduring bullying, chronic skin issues, 'puppy fat' that refused to budge and 'I'm different from everyone else'-related angst. Later, they battled self-harm, depression and an eating disorder. That's why The Self-Esteem Team started travelling the UK: to give teenagers the tools they need to navigate life on their own terms. Natasha Devon, Grace Barrett and Nadia Mendoza - now a successful journalist, singer/songwriter and showbiz editor respectively - have worked with more than 45,000 young people helping them tackle mental health, self-esteem and body-image issues. This book contains everything you really want to know, but are too embarrassed to ask your teachers, from 'How do I know if I'm healthy?' to 'What's it like...



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Reviews

This pdf can be worthy of a read, and much better than other. I am quite late in start reading this one, but better then never. Its been printed in an remarkably easy way which is merely following i finished reading this book by which basically changed me, alter the way i think.

-- **Nedra Kiehn**

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