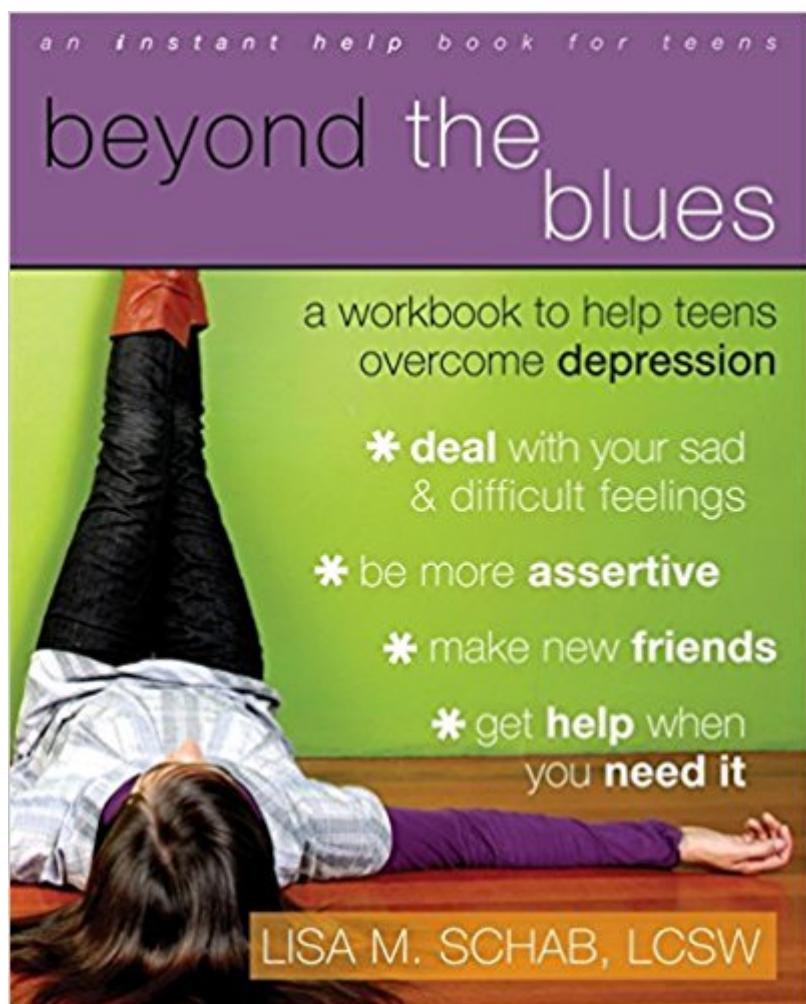


The book was found

# Beyond The Blues: A Workbook To Help Teens Overcome Depression (Teen Instant Help)



## **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. Â

## **Book Information**

Series: Teen Instant Help

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (61 customer reviews)

Best Sellers Rank: #15,455 in Books (See Top 100 in Books) #4 inÂ Books > Teens > Personal Health > Depression & Mental Health #37 inÂ Books > Teens > Social Issues #49 inÂ Books > Parenting & Relationships > Special Needs

## **Customer Reviews**

My daughter was having a hard time with divorce, self-esteem and anger (and impending teenager-hood). I was at my wits end and needed help immediately. I went right up to Barnes and Noble and found this miracle of a workbook and within twenty minutes, my daughter was diving into

it and feeling empowered. (no exaggeration) It is a wonderful way for a child to work through their emotions without feeling that they are "being made to". She has even brought it with her on her little vacations to continue her path. Something I did not even suggest. Lisa has done great job with a great resource. I look forward to reading more of her books. Well done Lisa!!!

I utilize this book for ideas and activities with teens in my internship as a mental health counselor. As with most workbooks this one is also cognitive-behavioral based and while that is not my theory of choice many of the activities and knowledge are helpful. I find myself re-tooling them to fit into my way of working. All in all a very nice resource and often I will go to the shelf to get it and another counselor has borrowed it. That in itself speaks highly for this workbook.

This is an excellent tool to use when working with teens suffering from depression! Great way to process teens feelings that they are not able/willing to share directly.

I'm a youth/adolescent therapist and I've used this workbook with several of my clients. It has a very sequential theme to it, so it's easy to go in order, or skip some of the feelings/worksheets that don't apply to the particular client. Wonderful workbook!

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

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 bought several of these workbooks and they are great. It is really based on the Cognitive behavioral therapy and I use it with my middle school and high school students.

I bought this book in the hopes of helping one of my children, but after looking through it, I hesitate to give it to either one of them. Its title is "to Help Teens," but the writing style, cartoon graphics, and large font speak to a much younger audience. I imagine this might work for elementary school age children, but older teens might be insulted enough to balk at any further suggestions.

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