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When life gives you lemons: A resource for young people dealing with depression and anxiety

Celia Painter, Abbie Krieble

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When life gives you lemons: A resource for young people dealing with depression and anxiety

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When life gives you lemons: A resource for young people dealing with depression and anxiety Celia Painter, Abbie Krieble
Written by young people who have been there, this book provides an understanding of what depression and anxiety is like, and helps make sense of it all. Practical advice is given on how to deal with depression and anxiety. This resource is an excellent for young people. It could also be used to give parents an idea of what their adolescent is going through. Recommended by both Clinical Psychologist, counsellors and teachers for adolescents and their parents, the book provides and insightful look under the covers of teenage depression, anxiety and angst.

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