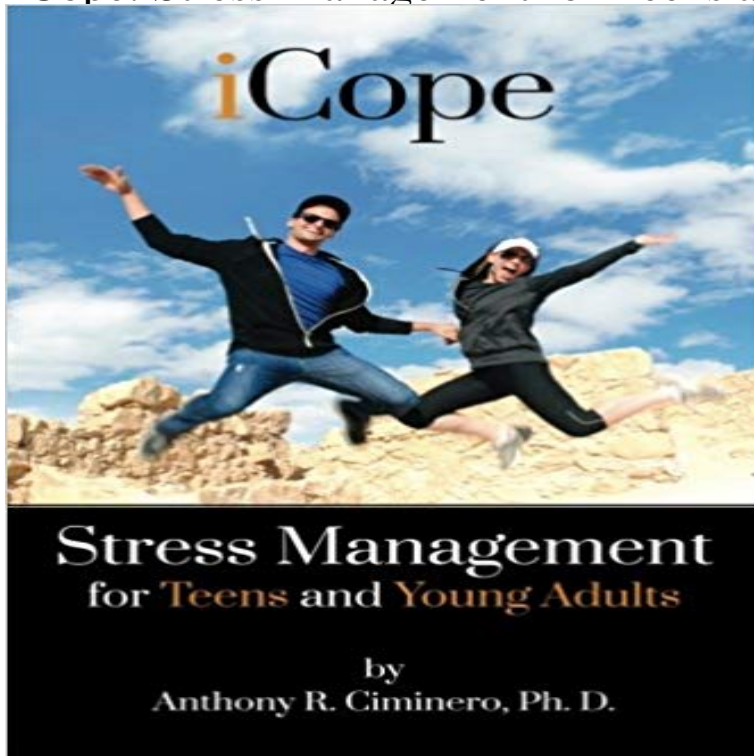


iCope: Stress Management for Teens and Young Adults



This self-help book teaches four core stress management skills needed by teens and young adults to cope with stress. In addition to basic skills such as self-awareness, relaxation, and cognitive restructuring methods, issues related to anger management, self-esteem, and coping with major life events are also reviewed. This practical book is easy to use by those who want to improve their coping skills. The book iCope presents an efficient yet comprehensive approach for teens and young adults who want to learn better coping skills to manage stress. The methods described are all based on scientific principles that have been researched over the past 40 years. This book clearly describes what to do on a day-to-day basis to manage stress effectively. The book also has a coordinated website with additional resources to help learn this approach to coping with stress. iCope teaches:

1. The four basic skills used to manage stress;
2. How to gauge stress more accurately and find your effective stress zone;
3. Methods to relax physically and mentally;
4. How our mental habits and beliefs increase stress;
5. Cognitive restructuring techniques as a psychological defense against stress;
6. How to use problem solving skills to deal with certain stressful situations;
7. The 10 steps needed to improve your resilience to the stress in your life;
8. How to use mindfulness to enhance coping skills;
9. The role of positive psychology in stress management;
10. Eight key recommendations for anger management;
11. Basic strategies to improve self-esteem;
12. How to cope with major life events or trauma.

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