



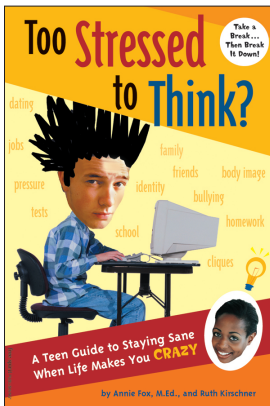
How can teens stay cool and make smart choices when the pressure's on?

Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy By Annie Fox, M.Ed., and Ruth Kirschner

Contact

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Minneapolis, Minnesota—Overloaded. Overworked. Overwhelmed. Whether it's school pressure, getting over a breakup, or ongoing arguments with parents, teens deal with stress every day and most need help learning how to de-stress and live more balanced lives.



TOO STRESSED TO THINK? A TEEN GUIDE TO STAYING SANE WHEN LIFE MAKES YOU CRAZY (Free Spirit Publishing, \$14.95) offers advice and strategies for today's over-scheduled, peer-pressured, multi-tasking, too-tested teen. Not just a "how to chill" manual, **TOO STRESSED TO THINK?** clearly explains the roots of stress and its effect on the brain and body and helps teens learn life-long tools for regaining balance, making good decisions, managing schedules, and maintaining healthier relationships.

When teens feel pushed and pressured, they may not feel in control of their thoughts, feelings, and choices. By understanding the effects of stress—and what to do about it—they can learn techniques to help them think more clearly, get back in balance, and avoid those "What was I thinking?" situations. With practice, any teen can stop a stress response as it's happening and keep from making a decision they might regret later.

Teens will discover how to:

- understand themselves better and respect what's important to them
- recognize the pressures they are under and how to face them with greater calm and confidence
- trust that they can deal with problems and challenges
- make conscious choices that are more in line with who they really are
- create a more manageable schedule so they can relax and enjoy being a teen
- create and maintain healthier relationships with the people in their lives

Stress is a part of life, but all teens can learn tools to create and maintain a less stressful lifestyle. **TOO STRESSED TO THINK?** will be a teen's guide, teacher, friend, and maybe even lifeline, depending on how stressed-out a teen feels.

**TOO STRESSED TO THINK?
A TEEN GUIDE TO STAYING SANE
WHEN LIFE MAKES YOU CRAZY**

**Annie Fox, M.Ed.,
and Ruth Kirschner**

When stress has the "survival brain" on over-drive, what happens to the "thinking brain"? This book includes practical information and stress-reducing tools teens can use every day to stay cool and make smart choices.

Includes real-life stories, quotes from teens, activities, and tried-and-true tips for creating a more manageable schedule.

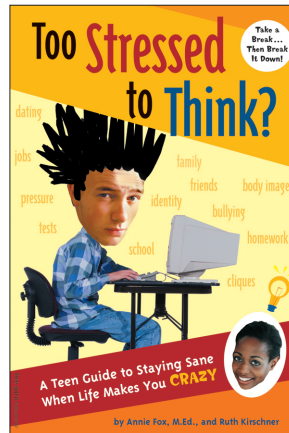
Excerpts and interviews are available through Free Spirit Publishing.
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**Too Stressed to Think?
A Teen Guide to Staying Sane When Life Makes You Crazy**

By Annie Fox, M.Ed., and Ruth Kirschner

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Annie Fox, M.Ed.



Ruth Kirschner

About the Authors

Ruth and Annie are cofounders of the “Stress and Ethics” workshops to help students understand the connection between stress response, temperament, and doing the right thing.

Annie is a writer, educator, parent of two 20-somethings, and online advisor for teens (see www.heyterra.com). She lives in San Anselmo, California. Ruth Kirschner is a teacher, author, illustrator, and award-winning nationally produced playwright living in San Francisco with her teen-age daughter Lucy.



About Free Spirit Publishing (www.freespirit.com)

Helping kids help themselves™ since 1983

Headquartered in Minneapolis, MN, Free Spirit is the leading publisher of learning tools that support young people’s social and emotional health. Free Spirit’s mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.