

FOR IMMEDIATE RELEASE



Contact: Tina Nocera
(973) 667-9347
Tina@parentalwisdom.com

TALKING TEEN-SPEAK TO COPE WITH EVERYDAY PRESSURE
Good Parenting Seal honors book written for teens about dealing with stress

Nutley, New Jersey. (December 18, 2006). The Good Parenting Seal from Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the seal to **Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy** (Free Spirit Publishing) by Annie Fox, M.Ed., and Ruth Kirschner.

Every parent with teenagers can understand how their kids might be feeling: overloaded, overworked and overwhelmed. It seems that pressure and stress is weaved into every aspect of a teen's life. Whether it's school pressure, getting over a breakup, or ongoing arguments with parents, teens deal with stress every day. And the truth of the fact is that most need help learning how to de-stress in order to live more balanced lives.

Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy is written exclusively for teens in a language they can relate too. It offers advice and strategies for today's over-scheduled, peer-pressured, multi-tasking, too-tested teen. More than just a "how to chill" manual, **Too Stressed to Think?** tackles the first step by explaining in teen-friendly terms the roots of stress and its effect on the brain and body. Next, the book offers advice on helping teens learn life-long tools for regaining balance, making good decisions, managing schedules, and maintaining healthier relationships. Teens will discover how to:

- 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
- Understand themselves better and respect what's important to them
- Create and maintain healthier relationships with the people in their lives

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.

Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy is available online at www.freespirit.com for \$14.95.

About the Authors

Annie Fox, M.Ed., is a teacher, writer, software and Web designer as well as founder of award-winning site The InSite (www.TheInSite.org), a place for teens to turn their world around. She has served as creator, designer, writer, and executive producer of that award-winning site. Ruth Kirschner is an author, educator, and nationally produced award-winning playwright. Annie and Ruth are co-founders of Stress & Ethics Workshops, a curriculum that helps students understand the connection between stress response, temperament, and doing the right thing.

About the Good Parenting^{cm} Seal

Evaluated by parents, the Seal is awarded to books and media that address parenting issues, and are found to be clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the over thirty thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit www.parentalwisdom.com and click on the Good Parenting^{cm} Seal.

###