

## RCET Teens Resource Boxes

Resources	Author
How to be Happy	Jenny Alexander
Bullies, Big-Mouths & So-Called Friends	Jenny Alexander
Create Your Own Happy	Penny Alexander
Conquer Negative Thinking for Teens	Mary Alvord
Inside I'm Hurting	Louise Bomber
The Kid's Guide to Staying Awesome	Lauren Brukner
Get Out Of Your Mind and Into Your Life for Teens	Joseph Ciarrochi et al
Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk
Banish Your Self-Esteem Thief	Kate Collins-Donnelly
New Kid, New Scene	Debbie Glasser
Understanding Myself	Mary Lamia
Boy Soldier	Andy McNab
The Teenagers Guide to Stress	Nicola Morgan
Blame My Brain: The Amazing Teenage Brain	Nicola Morgan
Shadow	Michael Morpugo
Teen Life Confidential: Self Esteem & Being YOU	Anita Naik
Queen Bees, Drama Queens	Anita Naik
Ways to Live Forever	Sarah Nichols
Rugby Academy: Combat Zone	Tom Palmer
My Hidden Chimp	Steve Peters
You Are Awesome: Find Your Confidence	Matthew Syed
Soft Globes (2)	Available via Amazon
RCET Support Pack	The Royal Caledonian Education Trust
Making Sense of the Emotional Cycle	Naval Families Federation

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