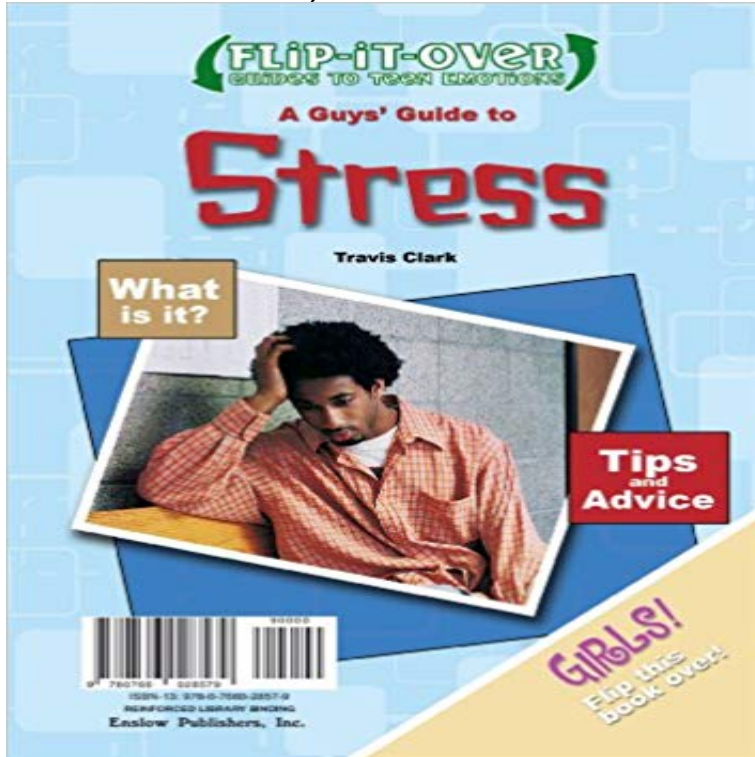


## A Guys Guide to Stress/A Girls Guide to Stress (Flip-It-Over Guides to Teen Emotions)



Wow, are you stressed out! Guys, you have to find a way to study for a big test and still make it to soccer practice. And how about this, girls your parents are upset with you about your latest report card, but your mind is on the big fight you had with your best friend. This cool, reversible book talks about the reasons why stress happens and gives easy-to-follow advice that can help you avoid a complete meltdown. Then flip the book over and read how the other gender deals with their stressful lives!

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