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[Starving The Stress Gremlin](#)

Starving the Stress Gremlin is clearly a workbook... the book is designed to be teenager-friendly : it uses cartoons and diagrams effectively and contains a number of quizzes and questions which are likely to appeal... the overall presentation of the book is excellent... There are lots of examples of stress-inducing thinking and these are helpfully categorised and structured which reinforces the reality that a young person is not alone in thinking this way - it is a common part of human

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Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles.

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Starving the Stress Gremlin : a Cognitive Behavioural Therapy Workbook on Stress Management for Young People.. [Kate Collins-Donnelly] -- Drawing on cognitive behavioural therapy principles, this book is a valuable resource for helping children and young people understand and control their stress.

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Starving the Exam Stress Gremlin can be completed independently by young people aged 10+ or with supervision, and with exam stress on the rise among our young people, this invaluable resource will also be of interest to school

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counsellors, teaching staff, youth workers and social workers and parents.

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Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles.

Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin!

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why they get anxious and how to use simple, practical techniques to manage and control their anxiety.

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Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.

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She presently runs a successful independent consultancy practice which provides cognitive behavioural therapy, counselling, coaching and training, and is head of the Psychological and Criminological Research Division. She is the author of Starving the Anger Gremlin, Starving the

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