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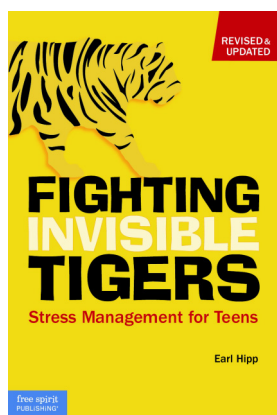
PUBLISHING®



Meeting kids' social & emotional needs since 1983

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FIGHTING INVISIBLE TIGERS Stress Management for Teens (Revised & Updated Third Edition)

by
Earl Hipp, M.A.

With updated information and a savvy new look, this revision of a perennial teen favorite gives readers practical strategies to handle stress.

Help teens combat stress—and reduce risk-taking and acting out—with this revised resource

With so many choices, activities, and expectations, today's teens are facing a real jungle out there! In **Fighting Invisible Tigers**, Earl Hipp helps teens understand and then manage their stress tigers and be better prepared to meet the challenges they will face in life.

Praise for the original **Fighting Invisible Tigers**:

“Excellent reading for anyone working with teenagers.”
—*National Mental Health Association*

“Pick of the List!”
—*American Booksellers*

Minneapolis, Minnesota—Recent research suggests that adolescents and teens are affected by stress in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to manage their responses to stressful situations and become more stress-resilient. **Fighting Invisible Tigers: Stress Management for Teens** (Revised and Updated Third Edition, \$14.95, Free Spirit Publishing) offers proven techniques teens can use to deal with stressful situations in school, at home, and among peers when they're feeling stressed and overwhelmed.

Combine the pressures of high expectations at home and at school with the typically crammed teen schedule of classes, homework, sports, community service, after-school jobs, and—oh, yeah—a social life, ramp that up with today's digital tools like cell phones, pagers, and the social connectivity of the Internet, and you have all the ingredients for a major stress meltdown. Earl Hipp knows that no one is harder on teens than teens themselves. He also knows that teens can manifest stress in many ways, from avoidance and overcommitment, to perfectionism and even escape strategies. In **Fighting Invisible Tigers**, Hipp offers young people the positive coping and management strategies they need to put stress in its place and become focused, healthy, and resilient.

Teens are curious, intelligent, and hungry for improvement. At the same time, the many stress-causing and frightening invisible tigers in their lives can cause teens to be overwhelmed by the volume of the big and little choices they face daily. This can leave them feeling fearful, confused, and sometimes even hopeless.

Earl Hipp helps teens see the “bigger picture” of the jungle, by providing readers with easy-to-follow and ready-to-implement strategies for recognizing and managing stress. With increased awareness of stress and its causes, tips on how to avoid the self-defeating coping behaviors, and solid skills for becoming truly stress resilient, **Fighting Invisible Tigers** helps teens manage life as they know it—and prepare for life as they want it to be.

For
Immediate
Release!

To request an excerpt or an interview, contact Jenni Bowring, 612.746.6848,
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Fighting Invisible Tigers
Stress Management for Teens (Revised & Updated Third Edition)

by Earl Hipp

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About the Author

Earl Hipp, M.A., is president of Human Resources Development, Inc. His B.A. is in psychology and his M.A. is in psychophysiology. A former clinical psychotherapist, he now conducts workshops and seminars on lifestyle development and stress management for children and adults. He lives in Minnesota.



About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social & emotional needs since 1983

Headquartered in Minneapolis, Minnesota, 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.