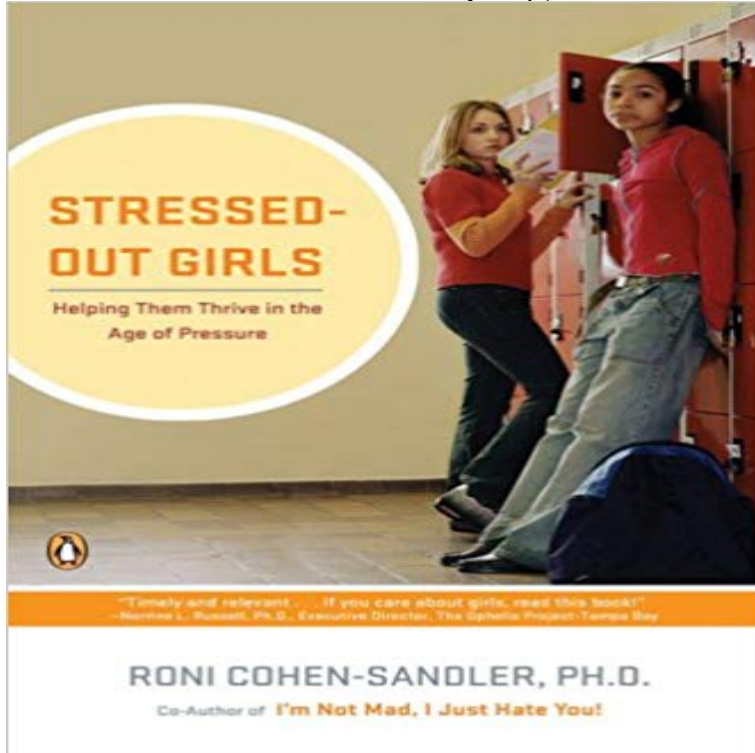


Stressed-Out Girls: Helping Them Thrive in the Age of Pressure



How the achievement frenzy is harming today's teenage girls. Increased competition and an emphasis on excelling at all costs is creating debilitating pressure for adolescent girls. Based on clinical work, interviews, and a comprehensive survey of 3,000 teens, Dr. Cohen-Sandler gives concerned parents and teachers invaluable insights into what makes girls particularly vulnerable to harmful stress, the knowledge to identify those at greatest risk, and practical strategies to reduce their stress, build resiliency, and bolster self-confidence.

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