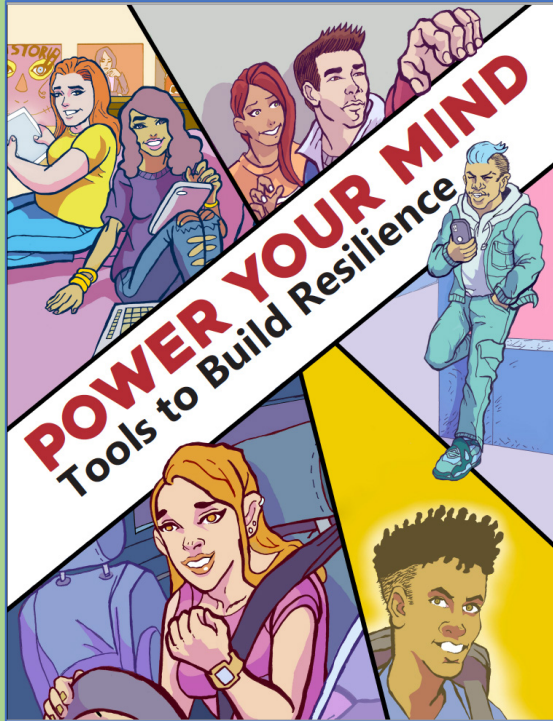


Power Your Mind: Tools to Build Resilience



A self-help program for teens
and young adults.

Power Your Mind helps teens develop better mental health, using graphic novel panels to illustrate situations and engage youth in learning tools to use to respond to daily stressors and situations. The program offers life skills to:

- control anger,
- alleviate anxiety,
- develop and maintain peaceful relationships in the home, school, or work, and
- establish realistic expectations and beliefs.

The program teaches a structured 4-step method which allows one to examine a situation objectively and apply cognitive behavioral tools to change the outcome in a more positive manner.

Order your Power Your Mind workbook today! Available on Amazon and at:



www.poweryourmind.org
info@poweryourmind.org

