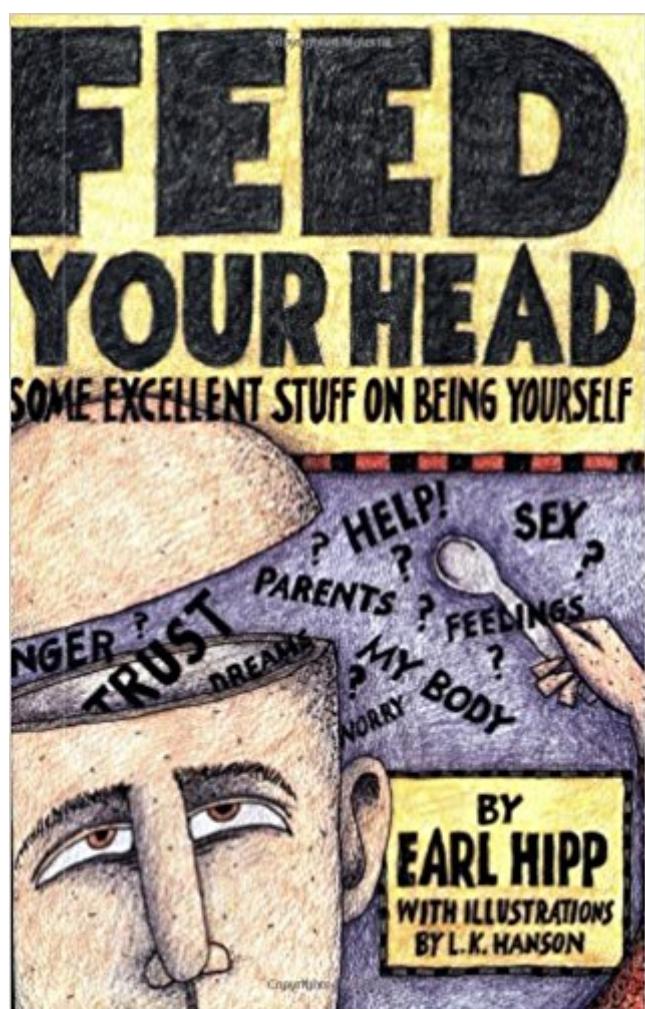


The book was found

# Feed Your Head: Some Excellent Stuff On Being Yourself



## **Synopsis**

A helpful guide to surviving and thriving in the stress of teen life, Educator Earl Hipp and cartoonist L.K. Hanson offer a healthy dose of humor to create a map through the teen years. An irreverent guide to surviving and thriving the stress of teen life. Educator Earl Hipp and cartoonist L.K. Hanson draw on their own lives, the comments from scores of young people, and healthy doses of humor to create a map through the teen years. Bold graphics and format attract young readers. For ages 11-17. This book, along with the Caring Circle: A Facilitator's Guide to Support Groups and Thirty-Eight Great Handouts are all part of a complete curriculum to use in developing broad-based support groups for young people ages 12 and older. Other books that can be purchased that are part of this program to help teens in specific areas are: -Help for the Hard Times (Grief & Loss)-Fighting Invisible Tigers (Stress)-Understanding the Human Volcano (Violence)

## **Book Information**

Paperback: 150 pages

Publisher: Hazelden Publishing; First Edition edition (June 1, 1991)

Language: English

ISBN-10: 0894867555

ISBN-13: 978-0894867552

Product Dimensions: 6.8 x 0.4 x 10 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 2 customer reviews

Best Sellers Rank: #523,754 in Books (See Top 100 in Books) #13 in Books > Teens > Social Issues > Peer Pressure #37 in Books > Teens > Social Issues > Bullying #73 in Books > Teens > Social Issues > Being a Teen

## **Customer Reviews**

A fourth-generation alcoholic, Jack Erdmann has been sober for more than 20 years. An accomplished salesman and businessman, he has more recently made a name for himself as the author of Whiskey's Children and a lecturer. He lives in the San Francisco area.

Catchy title - from Jefferson Airplane - and good graphics -- but I can't see my teen son actually being interested in reading this book, so it will not be much help as the guide/reference book I hoped it would be. It does address specific, troubling, teen issues and gives candid info on how to respond to situations -- but the book is not something, I think, that teens -- especially those it is

intended to help - will use and learn from without parental oversight and guidance.

Great book - Both of my kids and I read this book and it help give them some tools to deal with the conflict between their mother and I as a result of our divorce. The book provided me an increased awareness of what they were going through.

[Download to continue reading...](#)

Feed Your Head: Some Excellent Stuff on Being Yourself The Soup Club Cookbook: Feed Your Friends, Feed Your Family, Feed Yourself Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals (P.S.) The Feed Zone Cookbook: Fast and Flavorful Food for Athletes (The Feed Zone Series) Down by the Feed Mill: The Past and Present of Americaâ™s Feed Mills and Grain Elevators Stuff Your Face or Face Your Stuff: The Organized Approach to Lose Weight by Decluttering Your Life Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms College Cooking: Feed Yourself and Your Friends Big Head: A Book About Your Brain and Your Head My Stuff, Your Stuff: A Book about Stealing (Growing God's Kids) Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) Fat Head Kids: Stuff About Diet and Health I Wish I Knew When I Was Your Age How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) The Wealth and Poverty of Nations: Why Some Are So Rich and Some So Poor The Guide to Ohio Divorce: Some Basics and Some Advanced Topics Some Wear Leather, Some Wear Lace: The Worldwide Compendium of Postpunk and Goth in the 1980s Liquidating an Estate: How to Sell a Lifetime of Stuff, Make Some Cash, and Live to Tell About It Don't Sweat the Small Stuff, and It's All Small Stuff

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)