

The Ultimate Teen Guide to Understanding and Navigating Middle and High School | It Happened to Me 38



Bullying: The Ultimate Teen Guide (It Happened to Me Book 38) by Mathangi Subramanian

★★★★☆ 4.6 out of 5

Language : English

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Word Wise : Enabled

Print length : 233 pages

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Paperback : 24 pages

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Dimensions : 8.27 x 0.06 x 11.69 inches



Middle and high school can be tough. There's no doubt about it. But it doesn't have to be as hard as you think. With the right guidance, you can navigate the social, emotional, and academic challenges of these years and come out on top.

That's where ****The Ultimate Teen Guide It Happened To Me 38**** comes in.

This book is your one-stop resource for everything you need to know about middle and high school. It covers topics such as:

* Bullying * Peer pressure * Dating * Relationships * Mental health * Self-esteem * Body image

And much more!

With personal stories from real teens, expert advice, and practical tips, ****The Ultimate Teen Guide It Happened To Me 38**** will help you:

* Understand the challenges you're facing * Develop coping mechanisms * Build resilience * Make healthy choices * Reach your full potential

If you're a teen who is looking for guidance on how to navigate middle and high school, then ****The Ultimate Teen Guide It Happened To Me 38**** is the book for you.

Here's what people are saying about ****The Ultimate Teen Guide It Happened To Me 38****:

"This book is a lifesaver! I'm so glad I found it. It's helped me deal with so many of the challenges I'm facing in high school." - Sarah, 16

"I wish I had this book when I was in middle school. It would have made my life so much easier." - David, 18

"This book is a must-read for any teen who is struggling with the challenges of middle and high school." - Jennifer, 17

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