



## Mind Your Head

By James Dawson, Olivia Hewitt, Gemma Correll

Hot Key Books. Paperback. Book Condition: new. BRAND NEW, Mind Your Head, James Dawson, Olivia Hewitt, Gemma Correll, We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. James Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, James and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them, with real-life stories from young people around the world. With witty illustrations from Gemma Correll.



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[ 3.83 MB ]

### Reviews

*Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book.*

-- Mrs. Alia Borer

*Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Dr. Sierra Lowe Sr.

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