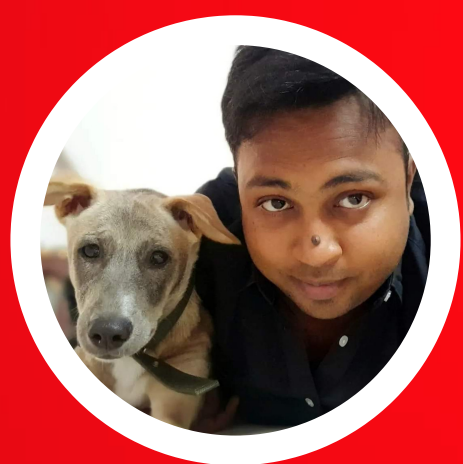


## BUILDING INNER STRENGTH : A Guide To Mental Health For Teenagers

- An easy to carry and a must read and internalise book.
- Teachers, parents , health workers, teens and young adults can use this book to understand about mental health in today's fast paced world.
- The chapters mirror a teens mind and it has answers for every complex issue a teen is battling with.
- Teens and young adults are very open about their mental health and this book could not have come at a better time to iron out the their complicated mind and thinking.
- It has incorporated life skills and deals in great detail about ways to control time in the digital space.
- The reader will stand to gain in terms of learning how to achieve high emotional quotient, specific strategies needed to build resilience, managing stress, handling anxiety, anger management, expressing sadness and frustration.
- Drawing boundaries, maintaining healthy relationships, recognising wrong relationships are skills that a teenager needs to learn from this book.
- Parents and teachers will have the confidence to handle their wards better on completion of reading this book.
- Seeking professional support at the right time is a must when the need arises. The book tells us when.
- Beautiful work activities and tables accompanying the book are very refreshing.
- Mindful reading of this book will change a teenagers life for good.



## Reviews

- I recently finished reading "Building Inner Strength: A Guide to Mental Health for Teenagers" and let me tell you, it's absolutely awesome!
- Written by Narmeen Shah and Avinash Kumar Gupta, it's full of stories and advice that really make sense.
- This book talks about stress, feeling worried, confidence, and all those tricky things. But it's not at all boring - the authors make it interesting by sharing tips that actually work!
- It's not just for teens; parents and mentors should peek inside too. If you're feeling a bit lost or just want to boost your brain power, this book is a must-read.
- Give it a try and find your inner strength!

Dr. Avneesh Khare,  
MBBS, MD, DNB, MNAMS, MBA

Thought Leader • Educator • Advisor • Consultant • Artificial Intelligence (AI) & Emerging Technologies in Medicine • Panelist @ G20 Y20 Consultation • Quoted in Forbes

- This book, 'Building Inner Strength: A Guide to Mental Health for Teenagers,' is an invaluable resource for adolescents navigating the complexities of growing up. With each chapter, it provides not only practical advice but also engaging exercises to help teenagers cultivate their inner resilience. Reading it feels like having a compassionate and wise confidant accompanying you on your journey.
- The book's comforting tone and relatable insights create a nurturing atmosphere, making it exceptionally beneficial for teens seeking guidance.
- Moreover, the accompanying workbook is a true gem, offering actionable steps that empower young readers to apply the knowledge they gain.
- In essence, this book is a must-read for every teenager, as it equips them with the tools and support needed to navigate the challenges of adolescence with grace and strength.

Vivek Podder, MBBS  
Post-doctoral Research Associate (Medical Oncology)

Miami Cancer Institute,  
Baptist Health South Florida, Miami, Florida, USA

- Very good standing, lucid explanation, and specific.
- Appreciate the diagrams.
- Nice to point out myths of mental health.
- Appreciate the imaginary case studies at the end of each chapter. Their titles are awesome.
- Appreciate chapter 6 on relationships, specially "toxic relationships".
- Nice to point out types of depressions. There are more types.
- Appreciate the term digital overload & the neuroscience of gratitude.
- My best wishes for success of your book!

Prof. Dr. Md. Kamal Uddin,  
President, Bangladesh Psychometric Society  
&  
Professor and Chairman, Department of Psychology  
University of Dhaka

## Order Now

website - [buildinginnerstrength.org](http://buildinginnerstrength.org)

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