

Project You: More than 50 Ways to Calm down, De-stress, and Feel Great

Aubre Andrus

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Project You is full of activities and projects designed to help teenagers let go of their stress. From healthy eating and exercise to shopping tips, its many multifaceted activities provide endless ways to release negative energy and relax.

This is an interactive book. It starts off with a quiz designed to gauge stress levels, with a reminder that those who experience anxiety and depression may need more than just this work to help them cope. Questions throughout are designed to engage critical thinking and are interesting to answer and explore. They function as guides to new discoveries about what each person finds enjoyable.

Activities are varied and fun. *Project You* embraces things that teens today enjoy, like making avocado toast, journaling, and experimenting with new looks. Each project is offered as a valuable and worthy endeavor; not once does the project condescend to its audience.

The book's aesthetic is eye-catching. A mixture of drawings and photographs are a strong accompaniment to each activity, depicting a range of teens and topics. Drawings are whimsical and lovely, making a claw-foot tub or a mug of tea look particularly inviting. Pictures in pastel shades are calming.

Project You is an inviting, soothing book filled with lively activities and calming advice, perfect for teens who are experiencing stress.

HANNAH HOHMAN (July/August 2017)

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