

BE YOU



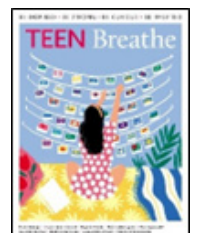
BE YOU

Written by the team behind bestselling **TEEN Breathe** magazine, these inspiring guides have been designed to help teenagers with the most common issues they face today.

- Beautifully illustrated guides providing tools, advice and inspiration
- Includes supportive, unpatronising and gender-neutral language
- Aimed at teenagers, their parents, teachers and carers



TEEN Breathe is the sister magazine to bestselling and award-winning *Breathe*, it aims to promote wellbeing and mindfulness to cultivate a happier, healthier, more fulfilled life for teenagers. Including tips, exercises, and ideas to help readers explore how paying attention to their actions, being curious and staying positive can bring out the best in them.



BE YOU



Be Positive

ISBN: 9781781454701

GMAM-51108



Be Healthy

ISBN: 9781781454725

GMAM-51110



Be Brave

ISBN: 9781781454732

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Editors of **TEEN Breathe**

£9.99

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128 pages



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PRESS



Be Happy

ISBN: 9781781454763

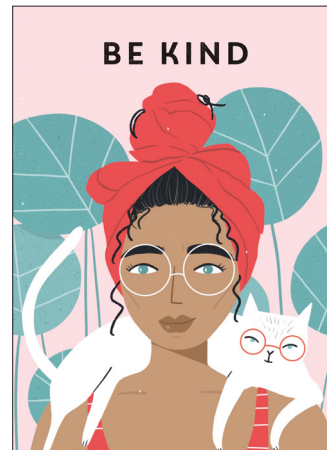
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Be Original

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Be Kind

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Be Calm

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