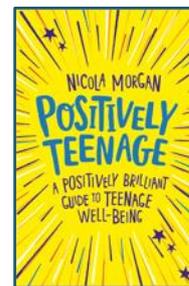
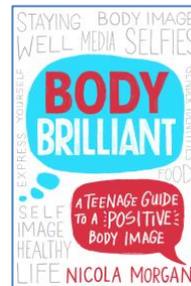


Supporting Nicola Morgan's talk



BEHIND MY WORDS: My books and talks are based on the most robust science. I keep up with research and interpret it cautiously, using wide knowledge of psychology and neuroscience. I use studies which are substantial and repeated. My website has starting points for investigation.

MORE RESOURCES: On www.nicolamorgan.com → Extras, you'll find links, refs and resources for each of my areas of expertise. If original research isn't publicly available, I link to reports on reliable platforms. You'll also find printable handouts on those pages. I particularly recommend the Tips sheets: share, print or use them in any way as long as you don't remove the copyright notice or make money from them!

There are free teaching notes for *Positively Teenage*, *The Teenage Guide to Life Online* and *Body Brilliant*, available on the page for each book. You'll find a downloadable relaxation audio on the Extras page.

For my free **Life Online Parent Pack**, go to the book page for *The Teenage Guide to Life Online*.

MORE STILL: I can answer questions from worried readers, always confidentially. I have a Diploma in Youth Counselling but I do *not* actually work as a counsellor, so I simply aim to give sensible, general advice and may recommend seeing a medical expert.

MY BOOKS and TEACHING MATERIALS

Blame My Brain, **The Teenage Guides to Stress**, **Friends**, and **Life Online**, **Body Brilliant**, **Positively Teenage** and **Exam Attack** are for teenagers and also perfect for adults. I've also written many award-winning teenage novels and hope to get back to that one day.

My teaching materials, **Brain Sticks**, **Stress Well for Schools**, **Tackling Stress Videos** and opportunities to book a **Live Online Q&A** are available from my website. I do talks, keynote lectures and seminars around the world on anything relating to adolescence, wellbeing, stress, life online and the science of reading, Readaxation and reading for pleasure. Now online more than face-to-face, sadly! Do contact me.

For information and contact:
www.nicolamorgan.com

