



Some events in life will always be out of our control, whether it's a global crisis or a traumatic event at home – but *Be Resilient*, the latest book from teenage brain expert Nicola Morgan shows that the power to cope is in our hands.

Here are the building blocks for a strong mind:

1. **YOUR SUPPORT** – know who's on your team and grow strong friendships
2. **YOUR SKILLS** – knowledge, abilities and personal strengths build your confidence
3. **YOUR COPING STRATEGIES** – when times are tough, the right actions and words matter
4. **YOUR COURAGE** – learn how to practise bravery, dealing with fears and growing optimism
5. **YOUR FUTURE** – create your best future by knowing yourself and making good choices for you

So many strategies for all these building blocks in ***Be Resilient*** – how to build a strong teenage mind for tough times

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