



Put It In Perspective: A Teen's Guide to Sanity

Kailen Krame

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Did you know that when it comes to happiness, American children are ranked second to last worldwide? (2007 Unicef Study of 21 industrialized nations). By the time we are teens, most of us are incapable of effectively coping with the everyday pressures of adolescence. Put it in Perspective: A Teen's Guide to Sanity is a "pocketguide to happiness" intended to help fellow teenagers effectively deal with the rigors of adolescence. This book encourages readers to put stressful situations in perspective by using helpful tools such as mindfulness and positive self-talk, and explores five important qualities for maintaining sanity throughout the teenage years. Written for teens, by a teen, this book is narrated from the unique perspective of a sixteen-year-old girl, and is infused with personal anecdotes and experiences that readers can relate to.

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