

# BE YOU



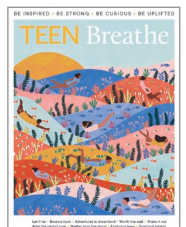
## BE YOU

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.

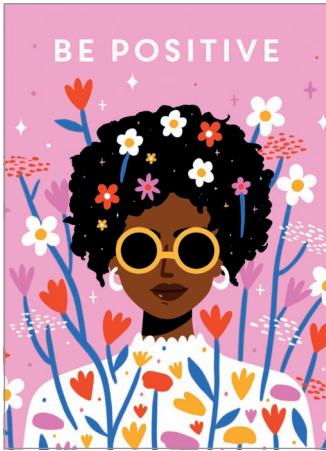
- Beautifully illustrated guides providing tools, advice and inspiration
- Includes supportive, unpatronizing and gender-neutral language
- Aimed at teenagers, their parents, teachers and carers



**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.



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Editors of **TEEN Breathe**  
**\$14.99**  
 Paperback  
 8 × 6 in  
 128 pages  
 Full color throughout  
 Available September 2023



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