



Self-Injury: The Ultimate Teen Guide (It Happened to Me)

Judy Dodge Cummings

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Life as a teenager can be tough. Pressures from school, expectations from parents, fitting in with peers, and facing self-doubt are just a few things that can weigh heavily on a teen's shoulders. While some young adults seem to thrive on adversity, others wilt under the strain and opt for less productive means of coping. Millions of American teenagers and college students deliberately injure themselves as a way of handling stress. They cut, burn, break, and poison their bodies, seeking physical pain as a means to avoid emotional pain.

In *Self-Injury: The Ultimate Teen Guide*, Judy Dodge Cummings tackles this serious subject, offering hope for young adults everywhere. In this book, Cummings defines self-injury as it is understood by the medical community and examines the causes of self-harm. The author shares the stories of several young women and men to help explain what types of people are most affected by this disorder. Topics covered in this book include

- Who is most prone to self-injury
- Internal and external triggers to self-harm
- The impact of social media and the Internet on this issue
- Obvious and subtle signs of self-harm
- Coping mechanisms
- Resources for individuals

Aimed at teens who need to find healthier ways to handle the pressures of everyday life, this book will also assist friends and families who want to help their loved ones. Weaved throughout the chapters are first-person accounts of teens who intentionally hurt themselves, and their stories will help others understand they are not alone. Providing paths to recovery, *Self-Injury: The Ultimate Teen Guide* is a valuable resource for anyone who wants to break free from self-destructive behavior.

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