



# How To Survive School: A Practical Guide for Teenagers, Parents & Teachers

*Michael Warwick*

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**How To Survive School: A Practical Guide for Teenagers, Parents & Teachers** Michael Warwick  
Simple, effective solutions to 30 of the most common problems encountered by young people facing the pressures of exams and life beyond the school gates. Life coach, therapist, teacher and Exam Magic® founder Michael Warwick, explains how small changes in the ways you think about school, can have huge benefits for your future exam results and present happiness and well-being. More than 3,000 students, teachers and parents have used the advice in this book to improve exam results and create better relationships both at school and at home. You can think of this book as having your very own personal coach to help you change the way you feel about school, exams and what you can achieve. Includes tips, exercises and advice on dealing with exam stress and anxiety, staying focused and motivated, getting organized, and dealing with pressures both inside and outside of school. Illustrated and easy to read, this book helps students and teenagers to grow confidence, resilience and improve exam results whilst equipping them with the skills and attitudes they will need for continued success at school and beyond. Provides practical help and advice for parents and teachers on how to improve communication and support students and teenagers through the challenges of school and exams. Comes with a free mindfulness and visualization app to increase focus, motivation and resilience whilst reducing stress and anxiety.

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