



Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great

Aubre Andrus , Karen Bluth , Veronica Collignon (Illustrations)

[Download now](#)

[Read Online](#) 

Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great

Aubre Andrus , Karen Bluth , Veronica Collignon (Illustrations)

Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great Aubre Andrus , Karen Bluth , Veronica Collignon (Illustrations)

Find your balance. Make a protein-packed smoothie to energize for a busy day. Center yourself after a stressful week by taking five minutes to write in your journal. Strengthen your body and calm your mind with simple yoga poses and breathing techniques. Craft a vision board to help you achieve your goals. Create a time budget to organize your schedule. Develop an evening routine that will help you wind down before sleep. Award-winning author Aubre Andrus shares more than 50 do-right-now projects that will help you beat stress, smile big, and discover a calmer, more blissful you.

Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great Details

Date : Published September 1st 2017 by Switch Press

ISBN : 9781630790912

Author : Aubre Andrus , Karen Bluth , Veronica Collignon (Illustrations)

Format : Paperback

Genre : Nonfiction, Self Help

 [Download Project You: More Than 50 Ways to Calm Down, de-Stress, ...pdf](#)

 [Read Online Project You: More Than 50 Ways to Calm Down, de-Stres ...pdf](#)

Download and Read Free Online Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great Aubre Andrus , Karen Bluth , Veronica Collignon (Illustrations)

From Reader Review Project You: More Than 50 Ways to Calm Down, de-Stress, and Feel Great for online ebook

Faith Tydings says

This was a great book. Designed for teens but worth the read for all ages.

Eve Recinella (Between The Bookends) says

Great cover on this one. It makes great use of graphics. It's colorful and eye catching and has some unique typography.

A great little self-help book aimed towards the younger crowd (14-18) full of activities, exercises, advice, prompts, crafts, playlists, and recipes that will help you relax and rejuvenate. It's laid out with fun colorful graphics, images, and fonts that make it visually pleasing as well as enjoyable to read.

I enjoyed this one a lot. Yes, this is geared more towards teenagers, but there was still a lot of good info that as an adult I can work into my everyday life. So don't let the age thing deter you from giving this one a look see.

Jenn says

I enjoyed flipping through the colorful pages, lists, and various tips. Great resource for middle school & young adults.

Steph says

This is the only YA self help/resource book I've read since I aged out of the target audience. And for teens of 2017, I think will work better as an inspirational motivator than as an actual resource. The pages are pretty, with watercolor-like tones and illustrations, motivational quotes, and a loose, magazine-ish feel. I can see someone who is bored or overwhelmed being likely to flip through a few pages of this book, rather than search for internet resources. But all of this information *is* on the internet, so it doesn't feel like anything new.

Here are some things that I hope to try:

- loving kindness meditation
- basic at home workout + yoga
- nature journal

There's also information on things like body language, acts of kindness, stress management, staycations, essential oils, writing prompts, social media detox, bedtime routines, decision making, herbal teas, and starting a gratitude journal. Cool stuff; definitely good for motivating me to want to do these things, even if they're not really new or exciting.

Thank you to Netgalley and Switch Press for providing me with an advance copy of this book in return for an honest review.

January Gray says

Very helpful. Written in an easy to understand and enjoyable format. Interesting and workable ideas.

Lindsay Elliott says

I received a free online copy from NetGalley in exchange for an honest review

Project You is a great resource book aimed at teens with the aim to help them find ways to reduce stress and find ways to calm down. I am not a teen and yet I found this book incredibly helpful. I didn't use all the suggestions in here, but I did work through areas such as visualization, making decisions, body scanning, etc. It also gives education on what stress does to the body, how relaxation can help as well as provides outlets for those who seek further assistance.

In some cases it has step-by-step instructions, in others checklists, and in others lists where you can pick what pertains to you or what you feel you would like to/are able to accomplish. This is especially helpful as sometimes with stress there is a feeling of chaos and trying to do so many things at once and yet not knowing where to start. This helps to simply break it down into pieces that are easier to accomplish and be successful at.

The artwork and formatting of the book is quite beautiful, as it has simple images and a water colour look to it. I would recommend it to anyone who is looking for some small, first step solutions (as these are easy to try).

Kristi Elizabeth says

Read all my book reviews on my blog at: <https://brainfartsandbooks.wordpress.com>

Now you all know I love a good mystery/thriller or chick lit read, but this book here was a five star read all the way. Why? Because I can't think of a single person who wouldn't benefit from it. In fact, I'm thinking of

buying this book for each of my clients for Christmas this year. With it's September release, it'll be perfect timing.

Reasons I loved this book:

1. Tips to feel good
2. Tips to be healthy
3. Different ways to exercise
4. Fun things to make including body scrubs, vision boards, healthy recipes
5. All the ideas were simple, simple, simple
6. Well-organized and categorized so you can go back to it an anytime and find what you are looking for
7. Can help with almost every aspect of life

I know this book is listed as YA but it really is for everyone. Really.

Thank you to NetGalley, Aubre Andrus, and Capstone for my ARC in exchange for an honest review.

Romie says

Now THAT is a self-help book I really liked!

First thing I enjoyed is the art inside. It's done in pastel colours, it makes you feel peaceful and doesn't hurt your eyes when you look at it - as someone with bad eyes, it's a real bonus!

Second thing I liked simply was the way things are presented to you : these are things to do if you feel stressed, tired, irritated, but you should do more than just one of all these things, and you shouldn't afraid or ashamed to seek help if you need to.

I've done some of the things written in this book - even some I've been doing for years - and it works. These are real and helpful things. I also really liked all the little DIYs and recipes, I'm definitely going to try some!

Overall, if you want a book with multiple ways to feel better and less stressed, you should definitely try this one : each exercise is explained step by step, you can't do wrong :)

Thank you Netgalley for providing me an e-arc in exchange for an honest review.

Linda says

PROJECT YOU by Aubre Andrus will be available in our library in September. This book will likely be high interest, particularly for girls in middle school and early high school. Andrus divides the book into two major sections: Take Control and Find Your Balance. Within each, are multiple chapters with titles like "Head Outdoors", "Exude Confidence," "Create a Time Budget" and "Speak Up." There is a section on breathing and meditation, and several visualization exercises. I liked the conversational tone of the book, famous quote selections, and the many suggestions for action like simplifying your wardrobe or choosing joy through creating reminders of happy moments on slips of paper. There are tasks for creating a gratitude journal, sending a card of thanks, or establishing a vision board. Most of this is probably not really new to readers, but having it together in a concise format helps; there are even lists of "feel good" and "pump up" songs, plus a very practical list with websites and phone numbers of where to go for help. One issue, though

is the almost exclusive focus on girls (as reinforced by images, color schemes and choice of font). We know boys feel stress, too, and I wish this potentially helpful book also provided them with “More Than 50 Ways to Calm down, De-Stress, and Feel Great.”

Re says

I was given the opportunity to review an advance copy of this book. Thanks, NetGalley!

First, the good news:

- There is much to appreciate about this book, which offers a sound overview of life-affirming practices that a young woman can do to bolster her health and happiness. I'm a life coach: these are the kinds of things I encourage clients to do, so...bravo!
- The focus on PRACTICES is so important. Too many self-help books focus on reframing beliefs. This is super important. However, the do-now quality of the colorfully illustrated suggestions (50 of them) emphasizes that our lives are most likely to change when we change our actions, especially routines.
- So many of the young women represented in the splashy, pastel-colorful graphics are long-haired and normatively attractive. However, there is at least a nod to non-binary representations. I appreciate the ethnic diversity in the illustrations.

Some caveats:

- I would have appreciated some bibliography or resource recommendations at the end.
- I'm not sure how well the graphics and format of this book will weather. It may feel dated very soon. On the other hand, if it helps a largish handful of young women (and/or others) in the immediate future, that's still an important contribution, right?
- As an educator I would welcome some sort of graphic organizer at the end to help readers reflect on what projects they've tried, for how long, and the readers' thoughts/evaluations/successes.

As an educator, I would feel comfortable recommending this resource to teenagers and young adults as a user-friendly overview of healthy self-care practices. Much fodder for discussion here, especially with your life coach!

Tina (As Told By Tina) says

I think this book might actually help me. I took notes of the things I liked and plan to try.

Rosie says

This self-help was different than most that I've read because there are a variety of activities, tips, and projects you can try at different times in your life. There are playlists, projects, recipes, and writing prompts, activities to try with friends or on your own, and relaxation methods. There is also information on anxiety, stress management, and depression as well as resources that help with these issues. There are colorful pictures and bright layouts which make the topics appealing. This book really did a good job at balancing fun activities with information and vice versa. I would suggest going through this book a few days at a time and making a list of activities you want to try, or pick a topic to read about when the moment feels right.

Marta says

3,5 *

Interesting information, useful tips and cool projects. I especially liked the challenges and the recipes, I have to try them someday. And I adored the lovely design. While I think the book, in general, is interesting, I already knew/practice some of the things mentioned, and that's why this might be more recommendable for a younger audience.

Zainab Sheikh says

I received a free ecopy of the book from the Publisher via NetGalley in exchange for an honest review.

I really enjoyed this one. It's not the kind of book that you can read in one sitting so it took me a lot more days. But, I'm glad that I read this. It has a lot of great tips on how to deal with stress, depression and anxiety. It has recipes, playlists, exercises and all different kinds of fun activities. I also liked the format which made the book more interesting to read.

If you're someone who suffers from stress and anxiety, then I really recommend it. Of course, it won't treat it but it will help you organise and understand how to gain a control of your own life. I can say it because it helped me too!

Carla Dominguez says

Great book for it's target audience.
