

BOOKS FOR TEENS 2024

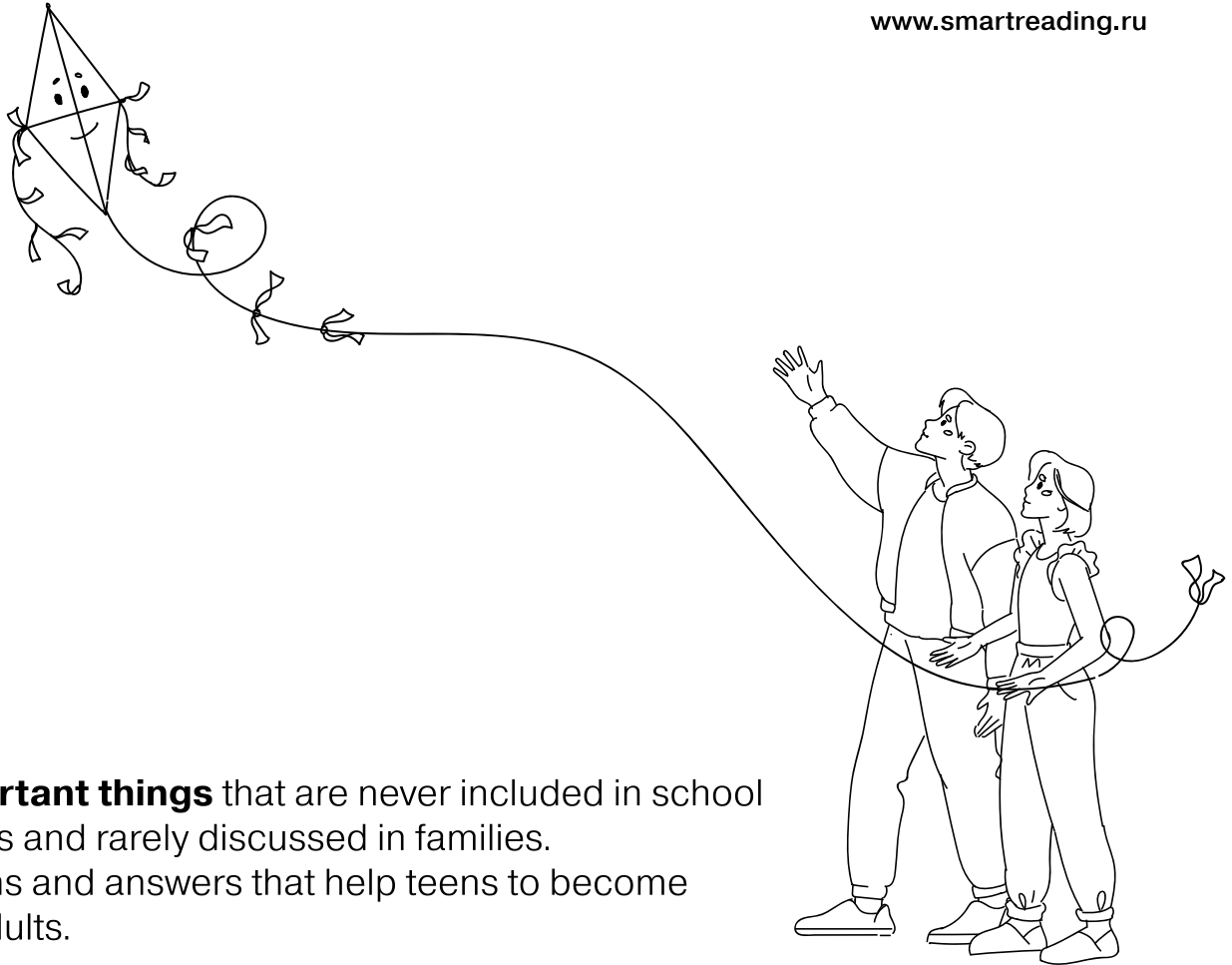
# Smart Reading

FEWER WORDS, MORE MEANING

# BOOKS FOR TEENAGERS

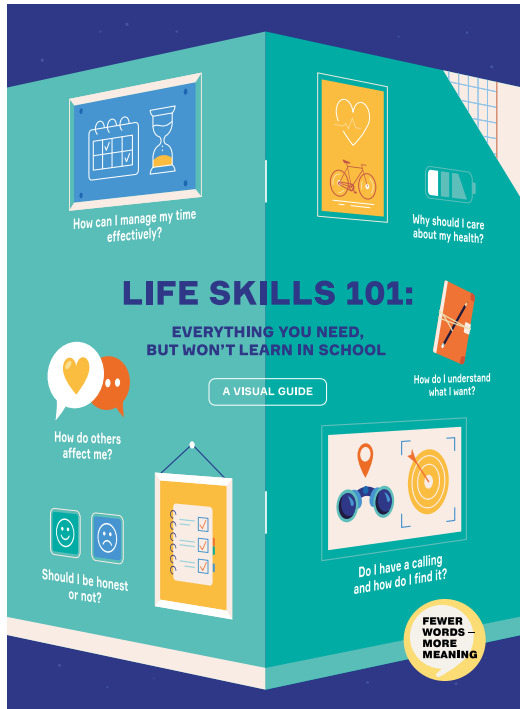
Get to know  
yourself

[www.smartreading.ru](http://www.smartreading.ru)



**All important things** that are never included in school programs and rarely discussed in families. Questions and answers that help teens to become better adults.

50 000+ copies bought



## **LIFE SKILLS 101: Everything You Need, But Won't Learn in School**

First published: September 2020

Growing up is a painful process for everyone involved. Teens struggle with heartbreak, friendship troubles, self-esteem issues, and overwhelming expectations. Parents worry about the choices their kids might make but can't get through to them... and nobody knows what the #@!% they're doing.

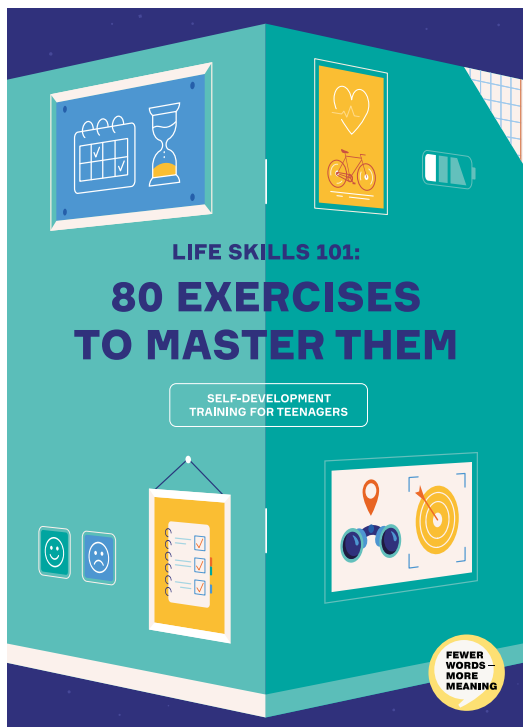
This fun visual book will give answers to all crucial questions teenagers may ask, and will help them to become more independent and self-confident adults.

104 pp.  
Hard cover  
Full color  
210 x 285 mm

### **Rights sold:**

Licenses for publication and distribution in Russian and local languages.  
Have been sold in 5 foreign countries.

40 000+ copies bought



## **LIFE SKILLS 101: 80 Exercises to Master Them**

First published: April 2021

Self-development training for teenagers.

It includes more than 80 activities and helps to practice essential skills: emotional intelligence, self-esteem, self-organization, communication skills, critical thinking, creativity, and more.

Using this workbook along with the book *Everything You Need, But Won't Learn in School* serves as a double punch for teens in the gut of their struggles, bad habits, and insecurities.

96 pp.

Paperback

Full color

205 x 285 mm

### **Rights sold:**

Licenses for publication and distribution in Russian and local languages.

Have been sold in 4 foreign countries.



## **LIFE SKILLS 101: Visual Daily Planner For Self-Development**

Release date: November 2021

Every page of this visual planner is a complex infographic focused on certain skills that a teenager can practice during the month. It covers everything from organization skills to emotional intelligence and living in harmony with others.

It is more than a diary, more than a workbook, and more than a calendar. It is arranged by weeks, so can be started any day and followed in any way the owner wants.

24 pp.  
Full color  
300 x 300 mm

### **Rights sold:**

Licenses for publication and distribution in Russian and local languages.  
Have been sold in 2 foreign country.

40 000+ copies bought



## **I'M FEELING ... WHAT?**

### **A Guide to Emotional Intelligence for Teenagers**

Release date: November 2021

What are emotions? How to recognize them?  
Why do they take charge sometimes?  
How to deal with them and keep them under control?

This book helps teenagers to understand what they feel and why. It speaks about serious things, but in an exciting and captivating manner, as it is written in the form of infographics. It can be read from first to last chapter, or just randomly according to the topic.

106 pp.

Hardcover

Full color

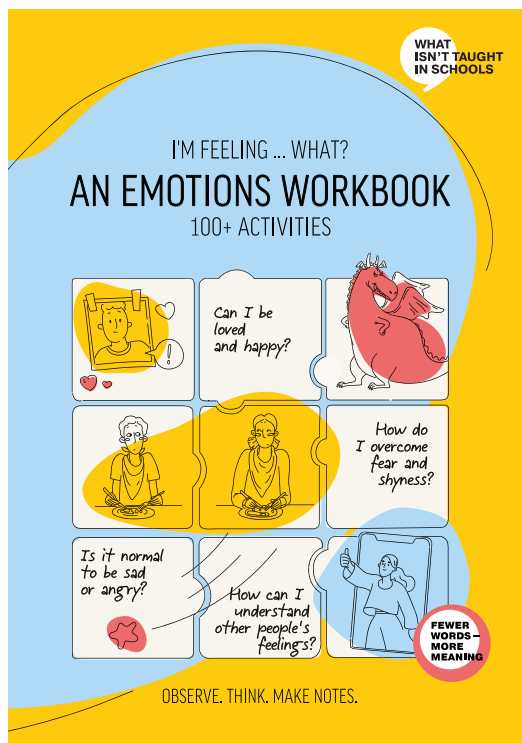
210 x 285 mm

#### **Rights sold:**

Licenses for publication and distribution in  
Russian and local languages.  
Have been sold in 3 foreign country.

[www.smartreading.ru](http://www.smartreading.ru)

35 000+ copies bought



[www.smartreading.ru](http://www.smartreading.ru)

## I'M FEELING ... WHAT?

### An Emotions Workbook with 100+ Activities

Release date: November 2021

Tests, quizzes, challenges, experiments – all types of activities that will help teenagers not only to understand their feelings, but also take them under control.

Teens can practise alone, with friends or with family members – it's totally up to them.

There is no correct answer or solution. It is all about learning to understand yourself and your close ones.

152 pp.  
Paperback  
Full color  
205x285 mm

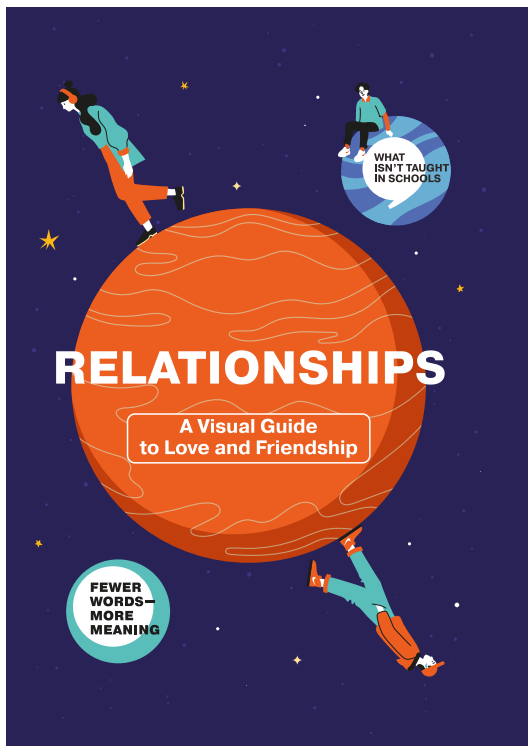
#### Rights sold:

Licenses for publication and distribution in Russian and local languages.  
Have been sold in 3 foreign country.



**NEW**

**October 2023**



## **RELATIONSHIPS.**

### **Visual guide to Love and Friendship**

Release date: October 2023

The key principles of building healthy relationships. Engagingly, in the form of infographics and illustrations, answers to questions that often trouble teenagers from around the age of 12. In seven chapters, all possible areas of relationships are depicted: family, friends, romantic partners, different groups, and the world at large. It starts with the relationship with oneself as the foundation of all life relationships. This section visually stands out from the others and is designed as a personal diary containing reflections, doubts, and discoveries.

128 pp.

Hardcover

Full color

210 x 285 mm

#### **Rights sold:**

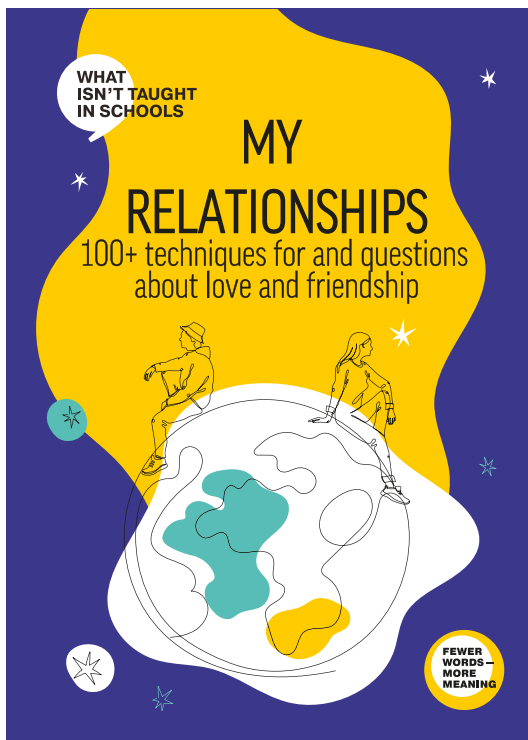
Licenses for publication and distribution in Russian and local languages.

Have been sold in 1 foreign country.

[www.smartreading.ru](http://www.smartreading.ru)

**NEW**

**November 2023**



## **MY RELATIONSHIPS.**

**100+ Techniques and questions about friendship and love**

Release date: November 2023

A workbook for reinforcing the knowledge and skills presented in the book «Relationships: A Visual Guide to Love and Friendship». It can be used as a standalone product.

Workbook is created by psychologists to help and support teenagers during this challenging period. Through peer stories, explore typical questions and difficulties, engage the teenager in dialogue, reflection, and exploration. Train their ability to see relationships from different perspectives, find the best solutions, and build healthy relationships.

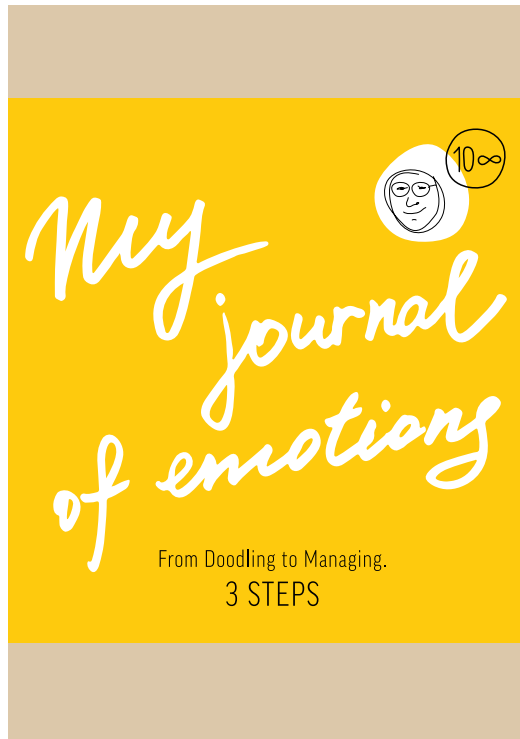
144 pp.  
Paperback  
Full color  
205x285 mm

### **Rights sold:**

Licenses for publication and distribution in Russian and local languages.  
Have been sold in 1 foreign country.

[www.smartreading.ru](http://www.smartreading.ru)

15 000+ copies bought



## **I'M FEELING ... WHAT? My Journal of Emotions**

Release date: November 2021

More than 300 pages for self-expression!

Write your thoughts down, describe your mood, draw your feelings, color your emotions, share your secrets, make sketches on what you love and what you hate.

3 Journals are packed with activities that encourage kids and teens to be creative. Volume 1 will help them to recognize their own feelings and emotions. Volume 2 will take them deeper into “here and now”: what exactly am I feeling and why? Volume 3 will teach how to take emotions under control.

### **Pack of 3 Journals**

100/100/236 pp.

Hardcover

Black-and-white

150x210 mm

### **Rights sold:**

Licenses for publication and distribution in Russian and local languages.

Have been sold in 3 foreign countries.

[www.smartreading.ru](http://www.smartreading.ru)



**WeChat**

[www.smartreading.ru](http://www.smartreading.ru)

**Translation rights:**  
[a.izvarin@smartreading.ru](mailto:a.izvarin@smartreading.ru)



**Smart Reading**  
Valued ideas from the best books

Our online stores



[ozon.ru](http://ozon.ru)



[amazon.com](http://amazon.com)