



## Feed The Need: Teen Edition

*Dr. Bridget Cooper*

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## **Feed The Need: Teen Edition** Dr. Bridget Cooper

Our world has its fair share of conflict and communication breakdowns, stress and resentment, heartaches and hopelessness. At the root of all of these things is one common thread: Pain. Where does this pain come from? Unmet needs. When we need water or food we will eventually die if we are not hydrated and fed. When our core emotional needs (connection, control, passion & purpose, and validation) aren't met, we behave in dysfunctional and destructive ways, getting caught up in conflicts, drama, and self-defeating behaviors, leading us to think that life is meant for suffering, not joy. In this groundbreaking and honest book, Dr. Cooper helps teens to discover how to identify, understand, and feed their core emotional needs so they can live more harmoniously with themselves and others. Feed The Need: Teen Edition will positively change the way teens see problems and strengthen and empower them to solve them. "Dr. Bridget Cooper has written an inspired must-have book for today's teens. The concepts and tools provided in Feed the Need: Teen Edition are easily relatable, useable and will help a teenager develop into their best selves as adults. This book is also a vital resource for those who work with and support teens. Thank you, Dr. Cooper!" ~ - JoAnn Fitzpatrick, MA, MFT "Feed The Need: Teen Edition is engaging, insightful, and most importantly, influential. The relatable concepts allow teenage girls to analyze and reflect upon their role in (and effect on) their relationships, all while providing a safe haven for truth. All I can say is that I wish I had this book when I was a teenager! ~ Stacie Dumond, Director of Membership, Girl Scouts of Connecticut "I was inspired when I read this book (and I don't like to read!). Your needs aren't just something that get shoved away somewhere, never to be seen or heard from again. They need to be addressed. Bridget's book helped me learn what my needs are and how to address them." ~ Casey Middleton, High School Freshman "Dr. Bridget Cooper tells all in her new book Feed the Need: Teen Edition. She touches upon a variety of teen-related issues, slowly feeding the average teen's need. It's a fantastic book that helped me a lot!" ~Matthew Polimeno, High School Sophomore

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