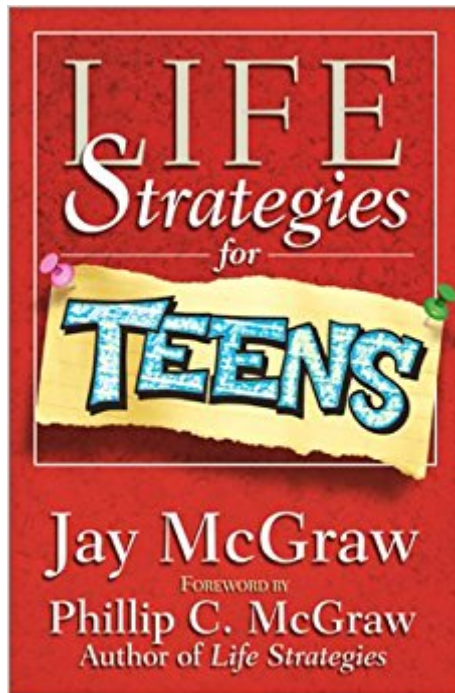




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# Life Strategies For Teens



## Synopsis

"Are you as tired as I am of books constantly telling you about doing your best to understand your parents, doing your homework, making curfew, getting a haircut, dropping that hemline, and blah, blah, blah?" -- Jay McGraw, from the Introduction Well, you don't have to be anymore. When Jay McGraw wrote *Life Strategies for Teens*, little did he know what sort of phenomenon he was creating. Teens everywhere discovered that the "Life Laws" were more than just their parents' psychobabble -- they were a tried-and-true message to help them discover their real power in life. Now you can find that power, too. The New York Times bestselling *Life Strategies for Teens* is the first guide to teenage life that won't tell you what to do or who to be, but rather how to live life best. Employing the techniques initially set forth in Dr. Phillip C. McGraw's *Life Strategies*, his son Jay provides teens with the Ten Laws of Life that make the journey to adulthood an easier and more fulfilling trip. For anyone dealing with the issues of popularity, peer pressure, ambition, or ambivalence, *Life Strategies for Teens* is an enlightening guide to help teenagers not only stay afloat but thrive during these pivotal years. Whether you are a teen looking for a little help or a parent or grandparent wanting to provide guidance, this book tackles the challenges of the teen years like no other. Jay teaches both teens and their parents how to: take control plug into the system start thinking about what you want in life be willing to take positive risks Combining proven techniques for dealing with life's obstacles and the youth and wit of writer Jay McGraw, *Life Strategies for Teens* is sure to improve the lives of all who read it.

## Book Information

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## Customer Reviews

This is nice and perfect thanks

Great source of strategies for everyone's teen

this book is a must-read for teens and adults alike. It really prepares the teens to function in life as responsible and contributing members of society.

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Life Strategies For Teens (Life Strategies Series) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) Weight Loss Confidential Journal: Week-by-Week Success Strategies for Teens from Teens Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (An Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Chicken Soup for the Soul: Teens Talk Middle School: 101 Stories of Life, Love, and Learning for Younger Teens Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) Chicken Soup for the Soul: Teens Talk High School: 101 Stories of Life, Love, and Learning for Older Teens Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Life Strategies for Teens Workbook Life Strategies for Teens The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series) Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens Called to Be: Devotions by Teens for Teens Social Skills for Teens: The Teaching Guide for Smile & Succeed for Teens Coloring Books For Teens: Ocean Designs: Zendoodle Sharks, Sea Horses, Fish, Sea Turtles, Crabs, Octopus, Jellyfish, Shells & Swirls; Detailed Designs ... For Older Kids & Teens; Anti-Stress Patterns The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other How to Talk So Teens Will Listen and Listen So Teens Will Talk

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