

Life Strategies For Teens Workbook

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~~To help teens take charge of their lives, Jay McGraw has created a companion workbook to his bestselling Life Strategies for Teens. The workbook is based on 10 "Life Laws" (adapted from his father Phillip C. McGraw's tenets), and is designed to help teens "see your life clearly, to understand what the problems are, what you need to fix, change, get rid of, etc."~~

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environments, their peers and other adults. The purpose of this workbook is to help teens develop the critical life skills that will assist them in meeting the demands of everyday life in a safe, mature and responsible manner. The most important reason life skills intelligence is of such high importance is that, unlike the

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The Teen Safety Workbook contains five separate sections to help the participants learn more about the choices they have made and the choices they have yet to make in their lives: Positive Feelings Scale helps teens explore the negative feelings they are experiencing in life and learn effective methods to constructively expressing their emotions.

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Whether used as a companion to LIFE STRATEGIES FOR TEENS or on its own as an introduction to the life laws, the LIFE STRATEGIES FOR TEENS WORKBOOK is an invaluable tool for all teens struggling to survive and succeed in those tumultuous adolescent years.

~~Life Strategies for Teens Workbook : Jay McGraw ...~~

Now with the Life Strategies for Teens Workbook, Jay McGraw has created a fun-filled companion book to help teens work their way through the Life Strategies, and, in turn, through those tumultuous years between playing like a kid and acting as an adult. In the Workbook, Jay introduces a variety of entertaining quizzes, activities, and questions to help teens better answer the question of who they are.

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Jay McGraw strikes again with this book, Life Strategies for Teens. Translated from his father's book, into a language more attractive for teenagers, this non-fiction book focuses on helping teenagers learn life strategies. The book includes multiple exercises on how to live life the way you want to.

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The Teen Practical Life Skills Workbook contains five separate sections to help participants learn more about themselves and the competencies they possess in many life skills areas. Participants will learn about the importance of life skills in their daily lives. They will complete assessments and activities to keep them become better managers of life and to assist their development of greater life skills.

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