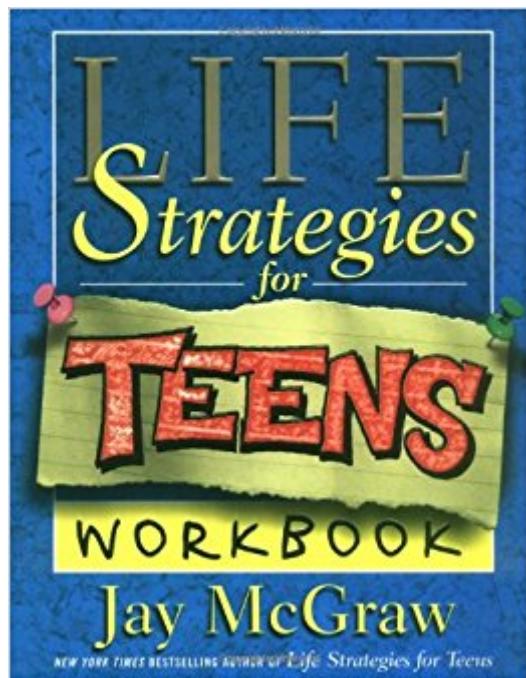


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# Life Strategies For Teens Workbook



## Synopsis

From Jay McGraw, the New York Times bestselling author of *Life Strategies for Teens*, comes a workbook chock-full of quizzes, tests, and questions to help you figure out who you are and where you are going. Are you the Teacher's Pet? The Slacker? The Jock? Do you let yourself be labeled by terms like these because it's easy, because you dress a certain way or listen to a certain rock band? Do you act the way you think others expect you to? Here's a more important question: Who are you really? Jay McGraw's New York Times bestseller *Life Strategies for Teens* shows teens that Life Strategies are not just something for their parents, but that teens can use them to take over the driver's seat and steer their own lives as well. Jay speaks to teens as equals, and gives them the straight story he knows and has been through himself. 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. From figuring out the roles they play to determining the things they want to change about their lives, this is the perfect guide to showing teens the power of the *Life Strategies*, as well as the power of their own lives.

## Book Information

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Average Customer Review: 4.3 out of 5 stars 27 customer reviews

Best Sellers Rank: #110,318 in Books (See Top 100 in Books) #34 in Books > Teens >

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#1776 in Books > Parenting & Relationships > Parenting

## Customer Reviews

Do you have zero control over your life? What are your frustrations? Do you lead a lazy lifestyle? 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." He encourages readers to put their thoughts, ideas, and dreams into writing to help them through the process. (The workbook is meant to be written in.) He demands that his readers ask themselves hard questions about missed opportunities, perceptions, self-sabotage, and personal shortcomings so they can figure out what's not working and fix it. Why? So that they can turn dreams into goals--with specific timelines and strategies. Here you'll find a variety of quizzes, activities, and questions to help teens answer the question "Who am I?" For example, McGraw asks readers to list 10 times they've dropped the ball--and why. Or, conversely, to list their 15 best achievements to date. The workbook also contains questions designed to challenge assumptions, such as "What are things you automatically, reactively feel and believe about members of the opposite sex/teachers/parents?" A hardcore guide to removing obstacles from our lives, Life Strategies for Teens Workbook has all the compassion of a drill sergeant... one who knows what's good for you. (Ages 13 and older)

Jay McGraw is executive producer of The Doctors, as well as president and CEO of Los Angeles-based Stage 29 Productions. He is the #1 New York Times bestselling author of The Ultimate Weight Solution for Teens: The 7 Keys to Weight Freedom; Life Strategies for Teens; and Closing the Gap: A Strategy for Bringing Parents and Teens Together. McGraw is a regular contributor on the Dr. Phil show and has also been featured as a teen expert on Larry King Live and the Today show. McGraw earned his law degree from Southern Methodist University and is a graduate of the University of Texas, where he received a BS in psychology. He lives in Los Angeles with his wife, Erica.

Good book but outdated with lack of attention to social media.

Very good for girls especially. This book introduced so many of the key elements that are so crucial for teens to understand about growing up, understanding how important the right perspective is, making good choices, and how to get what they want in a healthy manner. It's not a cure all, but if your teen won't hear you, this book can help!

Great workbook for those working with adolescents

I enjoy using this book for my life skills class. The examples are practical and easy to discuss.

This is an excellent book.

Great! I use this with the teens I work with in psychotherapy. It helps with teens who need direction and finding their values in life.

Dr. Phil's son - written for teens. I use it with the class I teach and the kids "get it" and appreciate it comes from another teen.

I am using this book and workbook to work with at-risk boys. What is amazing, though, is that the tools are useful for people of ALL ages! It's book provides a great framework for lessons that do not have to be used word for word. I'm currently using this book in conjunction with work by Dr. BrenÃ© Brown. Good stuff!

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