



## Life Strategies for Teens (Life Strategies Series)

*Jay McGraw*

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From the son of Dr. Phil McGraw comes *Life Strategies for Teens*, the *New York Times* bestselling guide to teenage success, and 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.

*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! Employing the techniques from Dr. Phillip C. McGraw's *Life Strategies*, his son Jay provides teens with the Ten Laws of Life, which make the journey to adulthood an easier and more fulfilling trip. Whether 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 to 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 adolescence like no other. 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.

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Are you kind of busy person, only have 10 or even 15 minute in your morning to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are having problem with the book compared to can satisfy your short space of time to read it because all of this time you only find book that need more time to be go through. Life Strategies for Teens (Life Strategies Series) can be your answer since it can be read by an individual who have those short extra time problems.

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