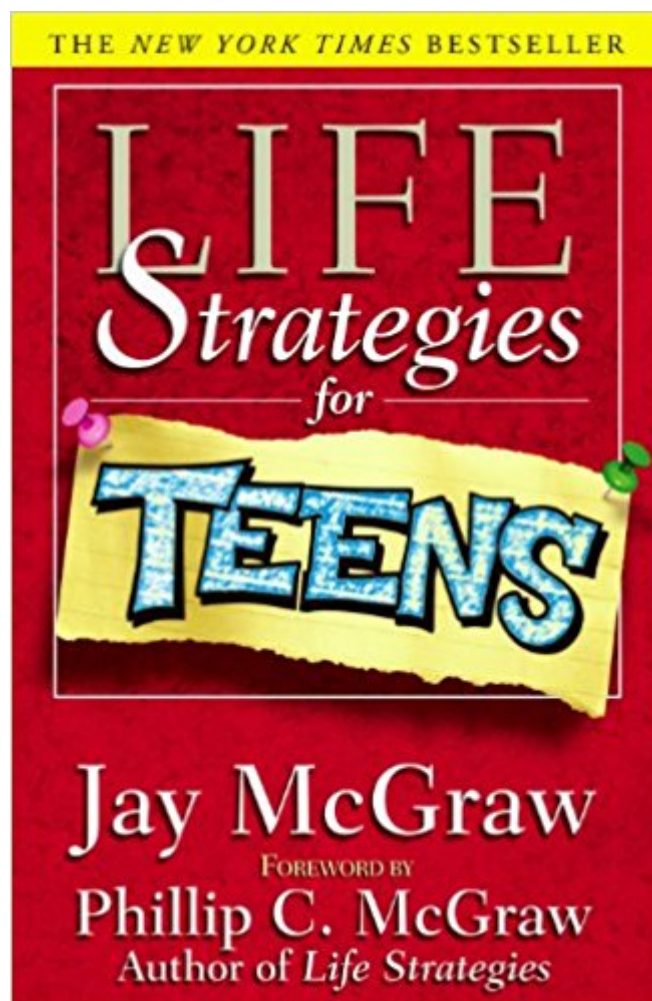




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# Life Strategies For Teens (Life Strategies Series)



## Synopsis

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.

## Book Information

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## Customer Reviews

"Are you as tired as I am of books constantly telling you the same old Brady Bunch, Beaver Cleaver, goody-two-shoes BS about doing your best to understand your parents, doing your homework,

making curfew, getting a haircut, dropping that hemline, and blah blah blah?" So inquires Jay McGraw, son of bestselling author Phillip C. McGraw, in the introduction to the younger, hipper version of his father's Life Strategies. This funny, straightforward guide helps teens steer rather than drift in life, dealing honestly with topics from peer pressure to TV addiction with the underlying mantra, "Don't like it? Change it." Divided into the same 10 "Life Laws" that are in his father's book (from "We teach people how to treat us" to "There is power in forgiveness"), McGraw urges teens to take control of their lives at every turn. That said, he doesn't expect any young person to respond to the way his father's book is written, so he translates "People do what works" to "The truth about why you can act so weird" and "Life rewards action" to "What are you waiting for? Get it in gear!" 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. There's no doubt that the book has the enthusiastic pounding zeal of an aerobics instructor. But it makes a lot of sense, and if a teen took even a few of these lessons to heart, he or she would be more in control than most adults. (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.

As a therapist that sees adolescents, I use this book all the time and love it. It is written in language that teens relate to and helps them understand how to become successful adults. I just recently purchased this book for my grandson who just turned 13. As soon as the book came he sat down on the couch and read through the whole book.

Good book but outdated with lack of attention to social media.

I liked how things were put into relatable concepts for discussion but allowed for the teen to

determine how that concept would be applied in their personal life. Most of these books are written like a "you must do this" instruction guide. This is much more about ways of looking at things, then specific steps you have to take.

I loved this book. I have an ADD child. This book has very good information on how to deal with difficult situations. I highly recommend it.

This is one of those books that I believe every teen should read. I didn't expect one of the copies to have been written in though, I will have to watch this more closely in the future.

Not helpful. Seven Habits for Highly Effective Teens is the book to get to help your teens develop strategies for success.

I bought this book for my 14 yr old granddaughter I think all teenagers need something positive to read, getting them to read it is the problem So much crap is on TV and in this world. This book is positive but not coming from their parents, it puts things in their perspective not ours.

As a mother and a teacher I found this book to be a great road map.

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