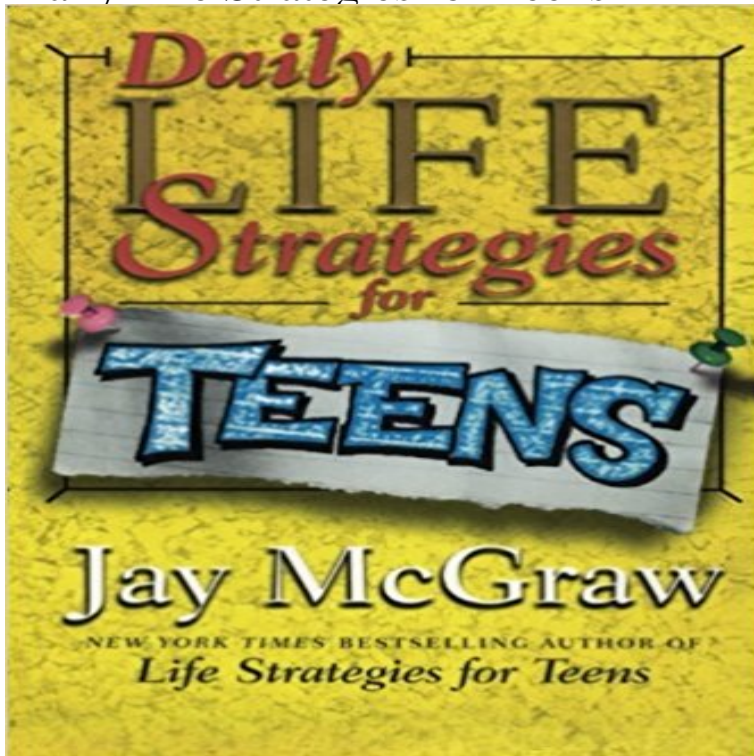


## Daily Life Strategies for Teens



A daily guide to the Life Strategies and their power to change lives! With Daily Life Strategies for Teens, Jay provides a day-by-day guide to life that will show you how to boost self-confidence, build friendships, resist peer pressure, and achieve your goals. Packed with quotes, ideas, and inspiration, Jay McGraw's straightforward, insightful, and humorous guide gives you a road map for surviving and thriving in your teen years and beyond.

Using the techniques from Dr. Phillip C. McGraw's Life Strategies, his son Jay shows teens how to put the Life Laws into effect every day. Take the steps to make your life the best it can be!

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