



## Life Strategies for Teens Workbook

By Jay McGraw

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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.

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## Life Strategies for Teens Workbook By Jay McGraw Bibliography

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### Editorial Review

#### Amazon.com Review

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)

#### About the Author

**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.

### Users Review

#### From reader reviews:

#### Christopher Miller:

The e-book untitled Life Strategies for Teens Workbook is the book that recommended to you to study. You can see the quality of the guide content that will be shown to anyone. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of analysis when write the book, to ensure the information that they share to you is absolutely accurate. You also might get the e-book of Life Strategies for Teens Workbook from the publisher to make you more enjoy free time.

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