



Life Strategies for Teens Workbook

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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