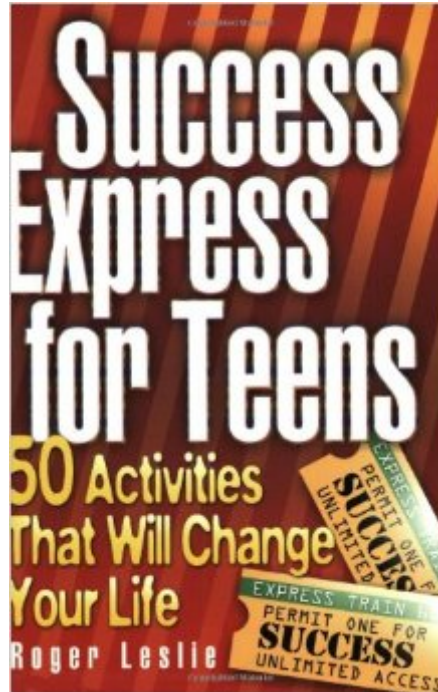


The book was found

Success Express For Teens: 50 Life-Changing Activities



Synopsis

Success Express for Teens is the way to get from where you are right now to where you want to be. It shows you that for anything you really want in your life, there is a reality to fill it. Step-by-step you find out exactly how to see your dreams clearly and then how to start making them happen. Great for classroom or individual use!

Book Information

Paperback: 224 pages

Publisher: Bayou Publishing (December 10, 2003)

Language: English

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Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #313,757 in Books (See Top 100 in Books) #80 in [Books > Teens > Personal Health > Self-Esteem](#) #526 in [Books > Teens > Social Issues](#) #536 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Customer Reviews

"Life has already laid the tracks for the trains that will take us wherever we want to go." ~Roger Leslie

Success Express for Teens presents meaningful and fun activities for individuals or groups. There are also introspective questions and self-assessment checklists. Through the activities, teens are encouraged to develop a step-by-step plan so they can define their life goals and pursue their dreams. "Make a Lifeboard" is a creative, encouraging project that is similar to scrapbooking, but is more like a mirror of your present life. By looking back at lifeboards through the years, you can remember specific moments that were meaningful to you. When you are in your 30s, this will be helpful to remember what happened when and why. You will also find ideas for:

- Reliving Favorite Childhood Memories
- Changing Routines
- Discovering Your Life Dream
- Time Management
- Aligning Actions with Values
- Finding a Mentor
- Expressing Gratitude
- Writing a Goal Statement

This book can be used by teachers, counselors and group leaders. Teens can also follow the self-guided activities in order to take the express train to success. Throughout the book, there are areas where teens can write their life experiences. Imagine reading this later! This will be enlightening to read as an adult. You will really see where you have been and realize which trains you took to get you to your present

destination. I personally remember very little about my teenage years and this book would have really appealed to me as a teenager who was interested in creative writing and art. By reading through the various questions, I was able to remember some of my "forgotten memories." They are still there, they just need to be triggered.

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