



### **Summary**

As with the other volumes in this series, teens are sure to find that this book will help them connect with their innermost feelings, identify their fondest dreams and turn them into reality, and, most important, recognize that they are not alone in what they encounter or how they feel. This book will focus on the themes similar to the ones handled in the first volume and the journal, including: self-worth; friendship; love and relationships; parents and teens; how to create an attitude for life success; how to decide what to do in life; how to give, share and make a difference; and how to cope with stress-filled and embarrassing moments. (*Amazon.com*)