



Charts 101: A "Teens & Up" Guide to Handling Life's Challenges

Tim J Cables

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CHARTS 101 is a youthful adventures's navigational guide down the River of Life. It's about how to make life less stressful, more fun, more meaningful: happier! It's an adventure in exploring some of the basics of life. It's a kind of beginning self-help book for "teens and up" on how to better handle some of life's more difficult challenges. We look at issues that are of special concern to almost everybody, like relationships, dealing with pressures and stress, managing run-away emotions. We talk about romance, true love, expectations pressure, decision making, depression, drugs, divorce...and then we look at some life management tools to help deal with those issues. This is a book with subject matter that is meant to be talked about, discussed, debated, evaluated and practiced. So have fun! And start feeling better now!

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From reader reviews:

Elizabeth Parker:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the reserve untitled Charts 101: A "Teens & Up" Guide to Handling Life's Challenges can be excellent book to read. May be it may be best activity to you.

Edward Salls:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both day to day life and work. So , whenever we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the book you have read will be Charts 101: A "Teens & Up" Guide to Handling Life's Challenges.

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