



# It's My Life! A Workout for Your Mind

*Tian Dayton Ph.D.*

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The teenage years are transition years, when children move from childhood into adulthood. It is an often turbulent time, marked by constant change, transformation and, frequently, confusion. A teenager's bedroom can contain anything from teddy bears and Tonka trucks to condoms and cigarettes, reflecting their need to become adults while still accepting that they do not have all the tools yet to take them there.

In this hand-on workbook, noted therapist Tian Dayton guides teens on the journey of self-exploration. She explains that the most important relationship we will ever develop and have in our lives is with ourselves. When we get to know ourselves and accept our own internal feelings and motivations and work with instead of run from them, we can become stronger and healthier people. Exercises are designed to help teens express their feelings or to look at them from a fresh perspective. Chapters included are self-image, relationships with family and friends, feelings, taking charge of your life, and the future.

This thought-provoking book will help youths not only survive the teenage years, but thrive. A must-have for parents, counselors and teachers.

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