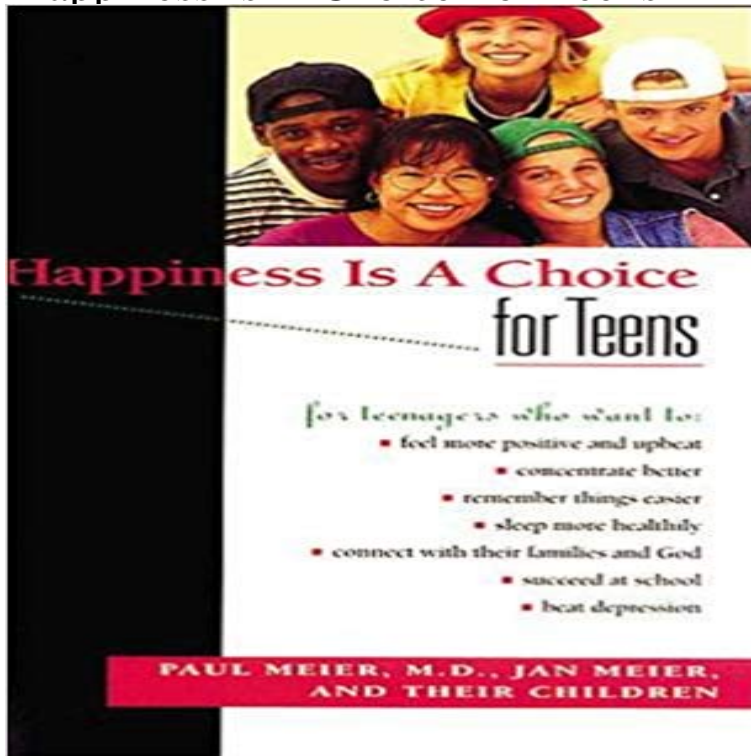


Happiness Is A Choice For Teens



When you think you've been given nothing but raw deals in your life, remember that you can choose to be happy. That's not just a pat theory but a truth that you really can discover and use for your life. Dr. Paul and Jan Meier work with thousands of teens struggling with the same dilemmas ... feelings of stress, worried that there's no future, tempted to check out on reality. They will show you how to deal with issues such as: anger, grief, goal-setting, the opposite sex, siblings, self-image ... to name a few.

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