



Daily Life Strategies for Teens

Jay McGraw

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A daily guide to the Life Strategies and their power to change lives!

With *Daily Life Strategies for Teens*, Jay provides a day-by-day guide to life that will show you how to boost self-confidence, build friendships, resist peer pressure, and achieve your goals.

Packed with quotes, ideas, and inspiration, Jay McGraw's straightforward, insightful, and humorous guide gives you a road map for surviving and thriving in your teen years and beyond.

Using the techniques from Dr. Phillip C. McGraw's *Life Strategies*, his son Jay shows teens how to put the Life Laws into effect every day.

Take the steps to make your life the best it can be!

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