



# Life Lists for Teens: Tips, Steps, Hints, and How-Tos for Growing Up, Getting Along, Learning, and Having Fun

*Pamela Espeland*

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Lists organize your thinking, focus your energy, free up time in your day (and space in your brain), and give you confidence. No wonder everyone loves lists: making them, reading them, checking things off on them. Most books of lists feature facts, statistics, or trivia. *Life Lists for Teens* is different. It's not about the tallest this or the weirdest that. Instead, it's a user's guide to life.

Over 200 powerful self-help lists distill “big topics” like health and wellness, relationships, feelings, creativity, personal safety, school, self-esteem, and problem-solving. Each list is like a mini self-help book—a starting-point for learning, thinking, and making positive choices and decisions. Some of the lists are practical: 6 Ways to Remember What You Study, 12 Tips for Making and Keeping Friends, 3 Rules for Doing Internet Research. Some are meant to motivate or inspire: 10 Goal-Setting Steps, 18 Great Reasons to Serve Others. Some are serious: 8 Tips for Coping with Tragedy or Disaster, 9 Symptoms of Major Depression, 10 Ways to Handle Hate Words and Slurs. And some are just for fun: The 8 Clown Commandments, 9 Tips for Changing Your Hair Color.

Any teen who has ever made a list will enjoy this book—as an inviting, enlightening read, a place to go to for quick advice, and a ready source of guidance and encouragement for all kinds of situations. These are lists that matter and teens will use them every day.

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