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Drama is Optional: A Guide For Teens



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Drama is Optional: A Guide For Teens

Have you ever wanted to be more popular? How about have more meaningful relationships with your family and friends? Or would you like all the everyday drama with school, friends, and work to just disappear? Then let Drama Is Optional: A Guide for Teens show you how to manage stress and find balance in every aspect of your daily life. As a teenager, it's easy to get sucked into the drama of everyday life. But you have a choice as to how it affects you. Through easy-to-understand and candid discussions, author Judee Ausnow touches on the key points you need to help you control your thoughts and reactions in chapters with topics such as: Making Choices Choosing Forgiveness Creating Good Relationsh

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Dead By Midnight: An I-Team Christmas

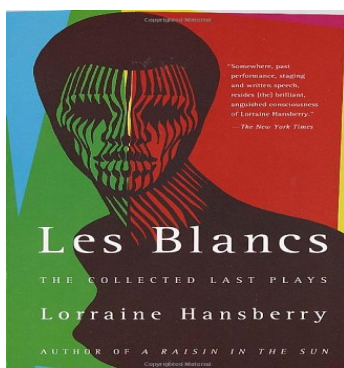
Marc and Sophie Hunter, Gabe and Kat Rossiter, Holly Andris and the rest of the I-Team gang find themselves in the same historic Denver hotel celebrating the approach of Christmas at different holiday parties. What starts out as a fun winter evening with friends soon becomes a brutal fight to survive when the hotel is taken over by a group of ruthless narcoterrorists who will stop at nothing to get what they want.

On the outside, Julian Darcangelo, Zach McBride, Nick Andris and others join together with the FBI's Hostage Rescue Team in a desperate bid to free their friends, knowing that if they fail, the people they love will be.

Dead by Midnight.

Featuring cameo appearances by the men of the FBI Hostage Rescue Team, a series by New York Times bestselling author Kaylea Cross.

Learn more about Pamela Clare and the I-Team series at: WWW.PAMELACLARE.COM



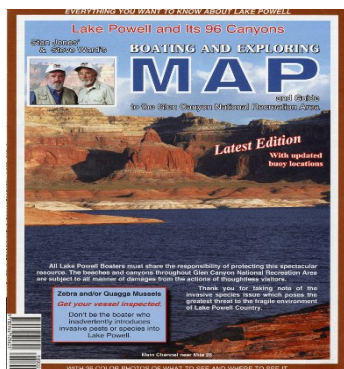
Les Blancs: The Collected Last Plays: The Drinking Gourd/What Use Are Flowers?

Here are Lorraine Hansberry's last three plays--Les Blancs, The Drinking Gourd, and What Use Are Flowers?--representing the capstone of her achievement. Includes a new preface by Jewell Gresham Nemiroff and a revised introduction by Margaret B. Wilkerson.



Pilgrims: A Nonfiction Companion to Magic Tree House #27: Thanksgiving on Thursday

Track the facts with Jack and Annie! When Jack and Annie got back from their adventure in Magic Tree House #27: Thanksgiving on Thursday, they had lots of questions. What was it like to sail on the Mayflower? Why did the Pilgrims choose Plymouth? How did they survive?



Lake Powell and Its 96 Canyons Boating and Exploring Map

For years and years, the Stan Jones's Map has been a staple of every explorer's trip to Lake Powell. By far the most popular, the map includes information on fishing, places of interest, marinas, weather, and history. Stan Jones, also known as Mr. Lake Powell, has created a good all-around

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What others say about this ebook:

Review 1:

In the interests of full disclosure, I must say I became briefly acquainted with Judee Ausnow because I'm in business and she's in Real Estate. When I learned she had written a little book for teens, I wanted to read it from idle curiosity. And then I shared it with my wife, and we came to the same conclusion: we ought to share our impressions with Amazon customers, because honestly and objectively, this book could help many families.

While this book is addressed to teens, we both learned a lot, and we are grandparents! We agree Ms. Ausnow's writing is pleasantly unpretentious, straightforward, and true. She has taken lessons from many of today's most renowned lecturers and authors; and she has distilled their concepts into everyday language that reaches right into our minds and hearts.

I feel happier with myself, more focused, more secure, more relaxed than I did before reading this book, and my wife says the same thing. If it has that effect on teens ? and I'm pretty sure it will ? I would encourage parents and even school boards to check the sample pages. And I would encourage students who have the book to share it with adults in their lives. Can't hurt.

Review 2:

Below is an email I received from a really great teenager that I wanted to share with the readers of my book Drama Is Optional:

When we met, I was 14. Now, I'm going on 16 and it's really crazy how much I have changed since then. I am writing to you because the day after we met, you gave me your book, Drama is Optional. I started reading it back then, but got extremely caught up in school and I didn't do much of any reading for the next year. Well, about a month ago, I picked up the book and decided to start reading it. I couldn't believe how much I connected with it! I finished it within two days. Already, my life is more positive and I feel better about myself. I just wanted to thank you for giving me this book as much as I want to thank you for writing it, it has truly helped me overcome difficult obstacles I am facing in school and life in general. Again, thank you very much, I really enjoyed the style of writing and the content is so true and helpful.

I wrote "Drama Is Optional: A Guide For Teens" to help make a difference in the lives of teenagers. One day, while sitting on the bleachers at the high school as my granddaughter participated in her cheerleading activities, I was observing a large group of teens who were waiting for the football game to begin. As I was listening to the "less than complimentary" comments that were being slung around by these kids who were supposed to be "friends", the idea was born of a "just the facts" book for teenagers - a guide to help them eliminate the everyday "drama" and find balance in their lives. I am so grateful for these kinds of emails that truly make my heart smile! I have received this kind of response from many teenagers, parents and teachers. Thanks to everyone! Judee Ausnow

Review 3:

This book is good for Adults
as well as Teens.

I have read this book more than

once, it has helped me with my weight, at work with co-workers and with my own inner feelings.

Thank You to Judee Ausnow for writing such an inspiring book.

My Grandchildren all own a copy. Drama is Optional makes a great gift for both adults & teens.

Thanks again,
Janet from Flournoy,CA

Review 4:

The teen & preteen years are so hard for children now as they start to face the choices that they have to make. This book shows them ways to handle many of those choices in a better way. This book was written for teens, but I highly recommend that parents read it also as they may have forgotten how hard it can be to be a teenager.

Our teenage grandchildren read it even though it took a little prodding and then they could not put it down.

Review 5:

Reviewed by Anthony Pettrone (age 14) for Reader Views (7/07)

"Drama is Optional" is a short book, less than 90 pages, but it gives you a lot to think about in those pages. What kid doesn't want to be the coolest? The most popular? Or, just a kid that gets along with everyone? I think all kids want that but really don't know how to find what they really want...which when you think about it, really is happiness. So many kids today are looking in all the wrong places for happiness. They think looks, clothes, music and sports are the way to happiness, when the truth is, happiness can't come until you are happy with yourself. There are too many choices out there for teens today. And a lot of those choices are really bad ones. But the author of "Drama is Optional" makes it simple for teens to figure out what is what in her book.

Discussing making good choices, having healthy relationships, what a healthy weight is and how to be happy with it, who you are as a person, and how to forgive people who have hurt you are just some of the points the author covers in this book.

This book really hits all the points that kids struggle with everyday. It seems to me that if this book were required reading for human development classes, then more kids would be happier with who they are, and where they are headed, and fewer kids would make bad choices trying to find what works for them in their lives.

Get "Drama is Optional" for the teen in your life or buy it for yourself. It can't hurt to read it and it sure can help! As for me, I got some great pointers from this book and will be suggesting it to friends to read as well!

Reviewed by Tabytha Joy (age 15) for Reader Views (7/07)

"Drama Is Optional" is a book that has easy ways to get rid of all the drama in your life. This book explains that your mind controls what happens in your life. If you have good thoughts, all good things will happen to you, even when it doesn't seem like it right then. If you have bad thoughts, bad things will happen to you throughout your life. If you focus on what you don't want in life, you will get it. But if you focus on what you do want in life, and not think about what you don't want, you will accomplish what you do want in life. And life would be much easier and better for you. "Drama Is Optional" explains that you have the power to create what happens in your life. Nothing can change your life but you. You can make your life good, or bad. That's for you to decide.

In my opinion, "Drama Is Optional" makes some really good points. I like how the author creates chapters on several different subject lines that relate to each other in some which way. I also like how the author chose to give some simple suggestions on how to change the way you look at things. This book would be best for preteens for that fact that it's easier to change when you are not in a bad habit. But it's also important for a teenager to read this book because it gives them the opportunity to change their future before it happens.

Book received free of charge.

: [Drama Is Optional: A Guide For Teens eBook: Judee ...](#)

Editorial Reviews. About the Author. Judee Ausnow is a real-estate broker. She wrote Drama Is Optional after more than twenty years of studying with many great teachers in the field of self-improvement and learning firsthand how to use the principles described in her book.

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Youth Peer Education Toolkit: Training of the Trainers - FHI 360

environment, economic development, civil society, gender, youth, research and technology – creating a unique mix of capabilities to address today's ... 1. Training of Trainers. Manual. Youth Peer. Education Toolkit attractive way to deliver information through humour and true-to-life drama. It permits educators to ...

A Guide for Homeschooling through High School - HSLDA

[.org/DevelopHighSchoolPlan](#)) guides you through the process to plan for all four years of high school; this e-book will help you prepare your teen for post-high ... (optional). Physical education. 1–2 credits. Many options are available. Fine arts. 1–2 credits. Art, music, drama, photography, etc. Electives. 6 credits. Practical arts ...

Teen Programming Guide - Ohio Library Council

This manual has been put together by many talented people across our 2-3 weeks prior – Hang flyers in library, promote event on teen blog and in ... Prizes are optional. Approximate Cost: Free, except for the cost of the refreshments and if you want to give away prizes. Program Length: 30 minutes - 1 hour, depending on ...

Smart Girl's Guide to God, Guys, and the Galaxy: Save the Drama ...

Each of the 101 chapters ends with relevant scripture selections and thought provoking questions, making this book great for individual or group use. **Smart Girl's Guide to God, Guys, and the Galaxy: Save the Drama! and 100 Other Practical Tips for Teens (9781624167607)** by Susie Shellenberger, Kristin Weber .

A 2,000-Year-Old Guide to Combating Teen Drama - GeekDad

Jul 13, 2015 ... Hundreds of hormonally-charged kids, jammed together seven hours a day, five days a week, none of whom have any more of a clue as to what's going on than the next but each one completely convinced that their struggle is unique. As parents, we can't be there to personally guide our kids through every ...

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free Teacher's Guide, optional pre- and post-show classroom visits by teaching artists, a lively pre-performance ... Prospero is a sorcerer with great magical power, living on an island with his teenage daughter, . Miranda. Twelve years before Shakespeare retold: Books: Davis, James E.

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Dec 14, 2015 ... is the latest up-and-coming comic to be handed his own Radio 4 series. Ladhood sees him recount moments from his Leeds upbringing – fights, romantic entanglements, house parties – in florid, heraldic monologues, intercut with re-enactments by Yorkshire teens. The results are daft, nostalgic and more ...

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