

You Don't Have to Learn Everything the Hard Way: What I Wish Someone Had Told Me, Laya Saul, Kadima Press, 2008, 0972322973, 9780972322973, . .

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After cancer treatment heal faster, better, stronger, Julie K. Silver, Aug 24, 2006, , 269 pages. Julie Silver draws on her own battle with breast cancer to offer other cancer survivors advice and guidance to help them deal with the physical and emotional effects of the

The Harvard Medical School Guide to a Good Night's Sleep, , Sep 25, 2006, Health & Fitness, 272 pages. Put your sleep problems to rest with this proven six-step plan How many times have you heard it's important to get a good night's sleep? It sounds simple, but it isn't always

What you don't know can kill you, Fran Arrick, 1992, Health & Fitness, 154 pages. When eighteen-year-old Ellen tests HIV-positive, she discovers that her boyfriend had a secret affair--the consequences of which will leave her constantly wondering if the

The Young Adult's Guide to "Making It" Successful Strategies for Getting and Keeping a Job, Completing Or Returning to School, and Preparing for Success in the 21st Century, Edward DeJesus, Jun 1, 1997, , 122 pages. .

A Child Called "it" One Child's Courage to Survive, David J. Pelzer, 1993, Biography & Autobiography, 184 pages. Tells the story of a child's abuse at the hands of his alcoholic mother.

Why Do They Act that Way? A Survival Guide to the Adolescent Brain for You and Your Teen, David Allen Walsh, 2004, Family & Relationships, 276 pages. A science-based guide to developmental changes within teenage brains explains how they affect behavior, offering advice to parents and educators on how to better understand

The Gentle Weapon Prayers for Everyday and Not-so Everyday Moments: Timeless Wisdom from the Teachings of the Hasidic Master, Rebbe Nachman of Breslov, Rebbe Nachman, 1999, Religion, 119 pages. The ?gentle weapon? of prayer can ease the soul and strengthen the heart, while bringing us closer to God and to a deeper understanding of ourselves. Two hundred years after he

Girls Speak Out Finding Your True Self, Andrea Johnston, Aug 1, 2005, Self-Help, 230 pages. Challenges girls to take control of their own lives by offering strategies for coping with adolescence, stories and poems written by girls, and profiles of important women in

The choice is yours a teenager's guide to self-discovery, relationships, values, and spiritual growth, Bonnie M. Parsley, Aug 1, 1992, Self-Help, 144 pages. Discusses the proper decisions that can lead to a healthy and fulfilling life, examining such areas as school, parents, dating, and drugs..

Sometimes I Feel Like I Don't Have Any Friends (But Not So Much Anymore) A Self-Esteem Book to Help Children Improve Their Social Skills, Tracy Zimmerman, Lawrence E Shapiro, PH.D., Dec 1, 1996, , 47 pages. In order to have friends, a young boy learns good listening, good manners, and cooperation skills..

Dear Lilly,,,,...

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids, Carol McCloud, David Messing, May 15, 2006, Juvenile Nonfiction, 31 pages. Uses the metaphor of a bucket filled with good feelings to show how easy and rewarding it is to express kindness, appreciation, and love on a daily basis..

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