



All About You

a course in character
for teens

Dorothy Kolomeisky
with William Haines and
Myra Stanecki-Kozlowski

"Wow! The book is awesome! A must read for all ages." –Reid Linn, Ph.D.

A Real Resource for Today's Teens

From the classroom, to the family room, to the playing field, teens will find practical real-life advice in *All About You: A Course in Character for Teens*. Based on timeless moral principles and interwoven with interviews and true-life stories, this interactive text sparks teens to go beyond their limitations and gives them the rudimentary tools to experience happier and more meaningful lives. Step-by-step, readers progressively delve into issues about their own life, their relationships with others, and their place in the world. Pertinent questions are answered in a no-nonsense dialogue, such as:

- Who am I and what is my life all about?
- Am I important?
- How can I cope when life is tough?
- Is it possible to realize my dreams?
- Do I really need to think about sex and intimacy already?
- How can I make a difference in the bigger picture of life?

"A wonderfully wise book with the potential to make a real difference in the life of a middle-schooler."

Thomas Lickona, Ph.D.
Author, *Educating for Character*

"This book is very valuable reading—not just for teens, but for parents and teachers too! It is a stupendous book that will help young readers learn how to take the best from life's journey and discover how they can make a real difference. If you want to be a success in life, this is a good place to start."

Reid Linn, Ph.D.
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