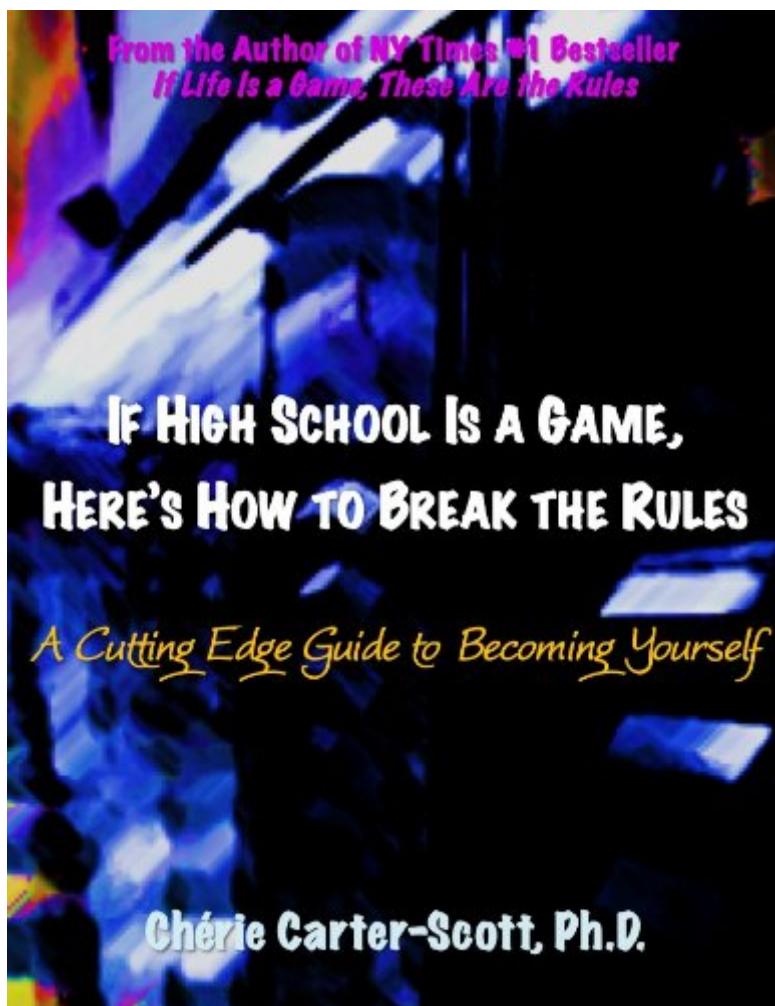


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# If High School Is A Game, Here's How To Break The Rules



## **Synopsis**

Confused much? To survive your teen years, you have to find your own path. And it isn't easy. Between parents who don't always get it, changing relationships with friends, crucial choices about the future, and crazy emotions like love, anger, depression, and happiness zooming through your body (another story in itself!), you can easily feel overwhelmed. To make things worse, rules about how you should act, think, and feel are everywhere. So how do you become the person you were meant to be? Well... high school - and all that goes with it - is like a game. To get through it, you have to know how to play. That's where this book comes in. With terrific, nonjudgmental advice, real-life anecdotes from teens, and cool quotes from popular celebrities, this is one read you don't want to miss! From questioning authority to learning to deal with things you can't change, from determining who you can trust to creating your own code of ethics, *If High School Is a Game, Here's How to Break the Rules* gives you the tools to help you play the game your way - and wind up with a pretty cool person at the end: you.

## **Book Information**

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## **Customer Reviews**

This is a super empowering insightful read for teen girls as well as their parents. If you are having trouble communicating and getting your teen to listen to reason about making good choices and

finding the right words in answering questions about tough issues during their teenage years, this book should be a part of any self-respecting teenagers home library collection! The title alone is bound to intrigue your teenager enough to pick it up and read.

Seller of this book was CONFUSED- sent this, and another, entitled "First Impression, Best Impression" that we DID NOT ORDER, OR WANT, but got charged for anyway. "High School" book is a good read, though- so don't judge a book BY ITS SELLER.

Dr. Cherie's books are great and this book specifically is focused on helping teenagers self-design their lives with awareness, self-compassion and openness. And some humour! My 13 year old daughter had been given this book with a personal note from the author and it inspired her to share certain sections with me. She would say: "Just read this section, you will understand me better." My daughter also wrote: "I enjoyed this book very much because it talked about what it will be like in High School (ipse dixit: next year). After sections in the book where teenagers who experienced certain things during their High School time, the author would always explain why this might have been a mistake or a really good thing and what options we would have if we would be in that situation. That was very nice."

In this book, the author gives the 10 truths to being to in high school. It is basically a self help book, but not only does it tell you how to recuperate from bad situations; it also helps to avoid landing in the same situations again. Through teenagers' quotes and life stories, you can connect better with the information it holds and helps you to understand it. One of the most important parts of this book is when she talks about changing your environment. A quote from this chapter would be "know what you can change (don't forget about negotiating!) and what you cannot. Apply your energy to what you can change and accept those things you can't." (Page 112). Too many people get caught up in things that are permanent and don't focus their attention on temporary things that could make life bearable.\* I liked the book because it doesn't sugar coat anything and it gives the facts flat out.\* I would recommend this to teens because it can help us deal with the world and assist us into blossoming into the adults we were meant to be.\* I would recommend this book to adults because even though it is centered to teens, its lessons can be beneficial to adults also.\* I wouldn't recommend this book to schools because although I like the book, many people would find it time-wasting and boring.

After reading this book, I learned a lot. By reading this book, you learn how to make right choices, how to react in certain situations etc. The book contains short stories and experiences written by teens. Each chapter has a series of different stories regarding certain topics. Reading this book when you are a teen is very useful, you learn how to handle peer pressure, issues with friends, parents, school, teachers etc. I enjoyed reading this book very much and I recommend it to early teens because it relates to them more. Overall, I would rate this book a 5, I enjoyed it AND I learnt from it!

This book is a wonderful resource and guide for my teens. They have read it and love it. I highly recommend it to those of you with children entering or already in high school!

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