



Charts 101: A "Teens & Up" Guide to Handling Life's Challenges

Tim J Cables

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CHARTS 101 is a youthful adventures's navigational guide down the River of Life. It's about how to make life less stressful, more fun, more meaningful: happier! It's an adventure in exploring some of the basics of life. It's a kind of beginning self-help book for "teens and up" on how to better handle some of life's more difficult challenges. We look at issues that are of special concern to almost everybody, like relationships, dealing with pressures and stress, managing run-away emotions. We talk about romance, true love, expectations pressure, decision making, depression, drugs, divorce...and then we look at some life management tools to help deal with those issues. This is a book with subject matter that is meant to be talked about, discussed, debated, evaluated and practiced. So have fun! And start feeling better now!

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