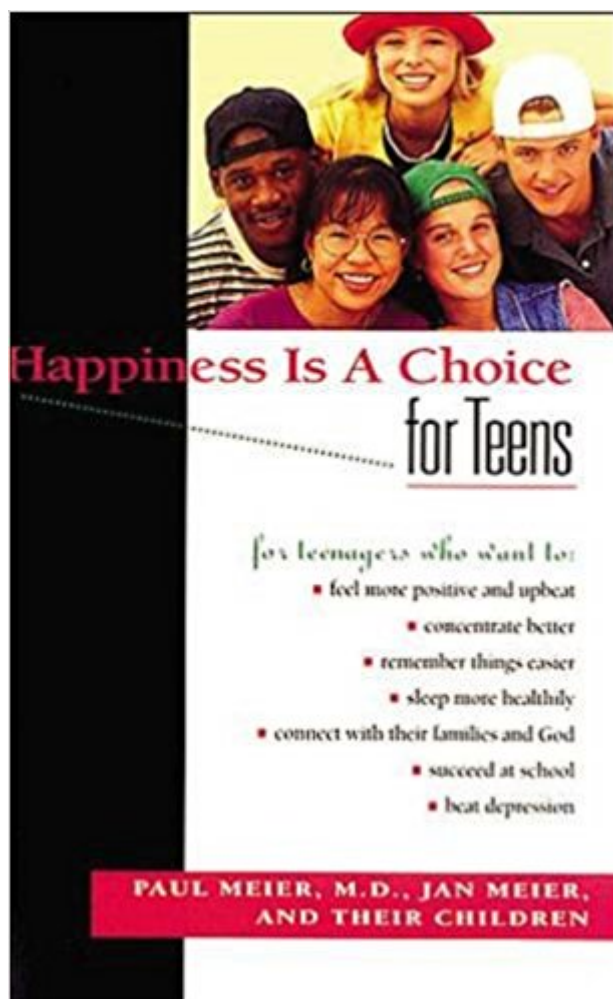


The book was found

# Happiness Is A Choice For Teens



## Synopsis

When you think you've been given nothing but raw deals in your life, remember that you can choose to be happy. That's not just a pat theory but a truth that you really can discover and use for your life. Dr. Paul and Jan Meier work with thousands of teens struggling with the same dilemmas ... feelings of stress, worried that there's no future, tempted to check out on reality. They will show you how to deal with issues such as: anger, grief, goal-setting, the opposite sex, siblings, self-image ... to name a few.

## Book Information

Paperback: 338 pages

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Average Customer Review: 3.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,503,417 in Books (See Top 100 in Books) #101 in [Books > Teens > Personal Health > Depression & Mental Health](#) #160 in [Books > Christian Books & Bibles > Children's & Teens > Teens > Inspirational](#) #179 in [Books > Teens > Social Issues > Family](#)

## Customer Reviews

I HAVE GIVEN THIS BOOK TO MANY HIGH SCHOOL GRADUATES AND THEY HAVE APPRECIATED AS MUCH AS THE PARENTS. GREAT GREAT

The first half (or thereabouts) of this book is a very informative short layman's course on common mental health problems in teens, written in a style suitable for teens but not at all "dumbed down." The second half is dedicated to the authors' "Seven Guidelines" for choosing happiness, followed by a workbook the reader can use to brainstorm his/her own path thereto. Again, the information is good; unfortunately there tends to be a bit too much of it. The authors get bogged down providing helpful hints, examples, and anecdotes stacked up to the point where reading becomes tedious and they risk losing the reader (also, the point they are making.) Trimming down this section so that the basic points aren't lost amid the explanatory material would make it much more appealing and useful to the targeted readership. As previous reviewers mentioned, this is a book written by

religious Christians, from a Christian perspective. Two of the seven Guidelines deal specifically with the spiritual life. Readers who are offended by the promotion and discussion of religious belief should probably find other reading, but Christians and those who "take no offense" will benefit from the book's information and may even find the authors' encouragement of spirituality refreshing.

First, let me say what this book is and isn't. It is a book on depression in teenagers with a Christian perspective. If you aren't Christian, I'd say you're better off with *When Nothing Matters Anymore* by Bev Cobain. It is also a book on teen depression from a psychological perspective, written by a psychiatrist. If you're looking for a "spiritual warfare" approach, Neil Anderson's written a lot of good stuff for teens. If you think psychology is too secular for a Christian to partake of and a real Christian would never get depressed, I pray that you never have to go through the experience of mental illness. That said, this book is a great resource on teen depression, with symptoms, information on treatments, and guidelines for living a happier life from a Christian perspective (including prayer and Bible reading). Easily understandable explanations of the components of depression (biological, environmental, and spiritual) are included. Small gripes: the chapters on personality types seem outdated and out of place here. Also, although this book gives a well-balanced perspective on depression in the Christian teen, it does stress medication and hospitalization a little too much and therapy and counseling too little. Overall, I would definitely recommend this book to Christian teens with depression and their parents. It is one of the few to address this pressing issue that affects so many teens in a Christian manner with understanding and without extremes or judgments.

I disagree with the depressed teenager reviewer. There is no happiness until we stop relying on external forces and concentrate on the relationship with God. Another excellent book is "Love is a choice" and for teenagers Sean Covey's "Seven Habits for Teenagers" is an excellent readable for teenagers life management book and resource book, including depression. Another good book for teenagers is "Taming the Tiger"-stress management for teenagers and it is secular in nature. A Youth Ministry Worker

Anyone stupid enough to negate God from their lives deserves to be depressed. The Review from April 1999 is a case in point. I hope that kid hasn't "offed" himself. He sounds like the type that wants to blame everyone else for his problems including God. Everyone has faith in something. Everybody worships something. This kid is mad at God and more than likely mad at his parents as well. "Boo Hoo. I'm having a tough life." GET OVER IT and look to your Creator to be your help. "I

am the Way, the Truth and the Life. NO ONE comes to the Father but by Me" JESUS. Narrow minded maybe, but at least I'm happy. I love and I am loved. I have a wonderful wife, two loving and kind-hearted children. Life is hard but so what. It's fun. I'm blessed to be a blessing. Any parent who reads this please set a solid example for you kids. Love them unconditionally and repent of your past failures. This is a good book.

Parents shouldn't buy into this bolonga. (I'm not being derogatory, am I ?;-) ) As a (alright, so I'm clinically depressed)...it didn't help me any. As an atheist, reading this worthless drivel about had no effect on me, and the rest of it probably made me more depressed. The only book about teenagers that I've ever read that was real and objective was Reviving Ophelia. Ok, enough out of me...parents: DON'T BUY THIS BOOK FOR YOUR DEPRESSED TEEN(S)! take it from a smart kid.-i'm out-

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