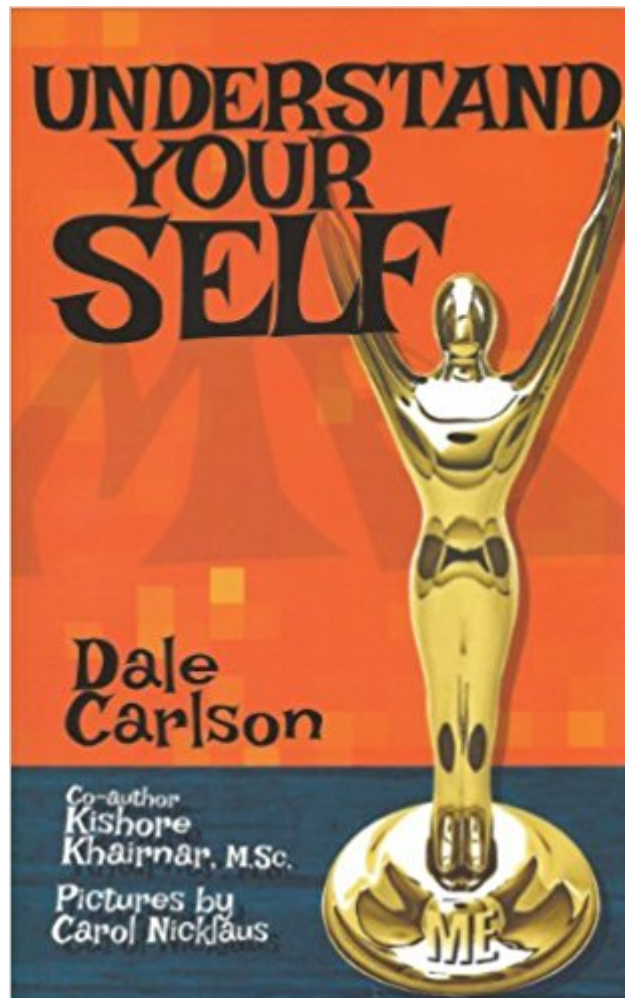




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# Understand Your Self:Teen Manual For The Understanding Of Oneself



## Synopsis

Understand Your Self is a teen/young adult manual for the understanding of oneself.

Self-knowledge is the basis for all good relationships, and the end of human loneliness. Learn to understand yourself on your ownâ•not according to someone else's authority and rules.

Self-understanding techniques help you to understand others and improve your relationships: lovers, friends, parents, community, the world.

## Book Information

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## Customer Reviews

This self-help manual can best be described as a psychological survival guide for the stage of life that can often be the most confusing and challenging: the teenage years. Carlson, a seasoned author of young adult nonfiction, argues that there is no one magic key that unlocks a happy existence and that there is no âœselfâ•that one must find, as many other books in this genre claim. She encourages readers to consider the commonalities between all humans and also the special sets of inherited circumstances that are not only unique to each person but inescapable. Relinquishing fear and self-doubt and strengthening relationships are common themes. Carlson incorporates many philosophies, including Christianity, Buddhism, postmodernist thought, and hard science. Illustrations by Nicklaus tease out the most meaningful quotes from the text to bring abstractions into an understandable and visual format. A good starting place for practical and comprehensive tools in the counteracting of common teen problems, such as alienation and insecurity. Grades 9-12. --Erin Anderson

"I've been a fan of Dale Carlson's books for years, and her latest, *Understand Your Self*, leaves no doubt that this author knows how to write for teens about what is going on in their lives and brains. She deftly walks readers through the concepts of self, and self-awareness (which you'll discover are quite different!) and then proceeds to help teens relate these to their everyday actions at home, school, work, their relationships and communication. As the mother of a teenager, I truly appreciate Carlson's observations of adult influences on their children's behaviors, expectations, and ability to relate to the world around them, making this manual not only highly recommended for teens, but also for those that care about them. Carol Nicklaus' delightfully simple illustrations punctuate the fine points with humor and affection. A bibliography, list of additional reading resources, websites, and index are included. Appropriate for ages 12 and up, *Understand Your Self* should be in all school and public library shelves." --Dodie Ownes, MLS Editor, SLJTeen

"This self-help manual can best be described as a psychological survival guide for the stage of life that can often be the most confusing and challenging: the teenage years. Carlson, a seasoned author of young adult nonfiction, argues that there is no one magic key that unlocks a happy existence and that there is no "self" that one must find, as many other books in this genre claim. She encourages readers to consider the commonalities between all humans and also the special sets of inherited circumstances that are not only unique to each person but inescapable. Relinquishing fear and self-doubt and strengthening relationships are common themes. Carlson incorporates many philosophies, including Christianity, Buddhism, postmodernist thought, and hard science. Illustrations by Nicklaus tease out the most meaningful quotes from the text to bring abstractions into an understandable and visual format. A good starting place for practical and comprehensive tools in the counteracting of common teen problems, such as alienation and insecurity." --Erin Anderson, Booklist

If you are looking for a straight forward approach to understand yourself this is it. Set yourself free.

BOOKLIST says: "This self-help manual can best be described as a psychological survival guide for the stage of life that can often be the most confusing and challenging: the teenage years. Carlson, a seasoned author of young adult nonfiction, argues that there is no one magic key that unlocks a happy existence and that there is no "self" that one must find, as many other books in this genre claim. She encourages readers to consider the commonalities between all humans and also the special sets of inherited circumstances that are not only unique to each person but inescapable. Relinquishing fear and self-doubt and strengthening relationships are common themes. Carlson

incorporates many philosophies, including Christianity, Buddhism, postmodernist thought, and hard science. Illustrations by Nicklaus tease out the most meaningful quotes from the text to bring abstractions into an understandable and visual format. A good starting place for practical and comprehensive tools in the counteracting of common teen problems, such as alienation and insecurity."

THE MIDWEST BOOK REVIEW says, "Knowing oneself more completely is key to a happier life. UNDERSTAND YOUR SELF is an inspirational read from Dale Carlson as she encourages how to better find one's own self, through one's own eyes. Encouraging readers to establish their own rules and go with what they truly want, Carlson encourages readers to cast off society's judgments to find their own happiness. With a strong message, UNDERSTAND YOUR SELF is a fine addition to psychology and motivational collections.

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