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The Game of Life

By Andy Cope, Laura E. Martin

Balloon View Ltd. Paperback. Book Condition: new. BRAND NEW, The Game of Life, Andy Cope, Laura E. Martin, Following the success of Andy Cope's 'A Brilliant Life', this is another little gem making 'Positive Psychology' accessible to teenagers. The Game of Life is a positive book, aimed at teenagers helping them cope with the pressures they're under and the changes they face. It is a gentle, easy to read story which challenges teenagers to think about their approach to life. It asks what is it that positive, upbeat people do? And how do they maintain it in a world that is often relentlessly challenging and exhausting? The book's underlying message shows simple behavioural changes that all teenagers can apply to learn to be positive. And it shows how having a positive, confident, upbeat approach will give you a stronger chance of having a better and happier life! As Andy says: Young people are under a great deal of pressure. School, homework, exams, teachers, parents, relationships, looking good, hormones, peer pressure - It's very easy slip into 'whatever' mode. From the outside looking in, teens can sometimes come across as a bit, you know, negative? Do you catch yourself saying that...



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