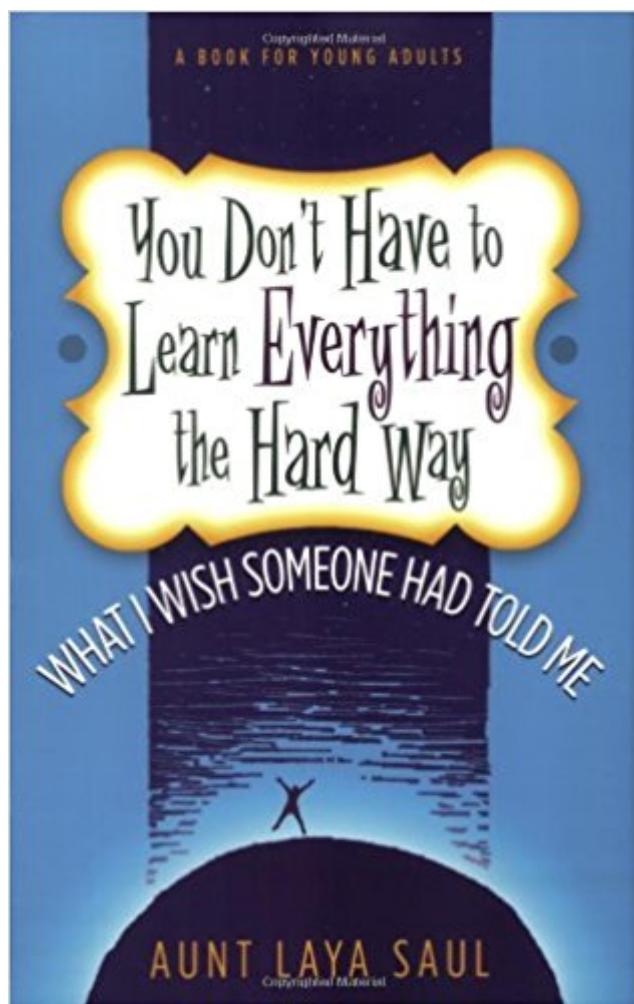


The book was found

You Don't Have To Learn Everything The Hard Way



Synopsis

You Don't Have to Learn Everything the Hard Way covers a lot of topics that teens need and want to read about: from sensitive areas like sexual abuse, pain, and hard times, to issues like understanding how to deal with peer pressure and making the right choice about drugs. These are the topics that teens asked Aunt Laya to write about. They also asked for inspiration and ideas about goals, life's changes and sex. Laya Saul does not shy away from any topic that can empower a young adult. She gives teens the tools to meet life's trials head on! Like a favorite aunt, Laya Saul encourages her readers to use challenges as stepping-stones. This comforting and strengthening book reads like a letter written from the heart. Although it was written with teens in mind, the book is finding its way into the hands of readers spanning generations! The wisdom is practical, timeless, and helpful. Each chapter is written in bite-sized portions and packed with ideas, stories, quotes, and questions for introspection. Inspiring, motivating, comforting, and helpful, You Don't Have to Learn Everything the Hard Way is sought after by teens and the adults in their lives who want them to succeed. It's a great gift to be tucked under the pillow of your favorite teen, or read together to open discussions or bond. This book has become a beloved reference that the reader can return to over and over.

Book Information

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Customer Reviews

"Filled with powerful insights, You Don't Have to Learn Everything the Hard Way guides and motivates in smart and sensitive ways that any reader can benefit from." --John Gray PhD "This book is filled with gems and 'A-Ha's!' And it's fun to read! 'Aunt Laya' combines a loving manner, in a non-judging way, with practical advice that will make anyone's life so much easier, and much,

much more effective and happy."As I came across these gems I kept finding myself thinking that if this book was the only one I had known about when I was younger, I could have (and would have) avoided a lot of pain. 'You Don't Have to Learn Everything the Hard Way' should be read by every young adult and his or her friends." Bob Burg, author of *Winning Without Intimidation* --Bob Burg

When I was growing up, I can honestly say that I don't remember ever hearing about "self-help" books for teens. If they were out there, I simply never heard about them, and no one ever pointed me in their direction. Maybe if I had gotten my hands on a book as well-written as **YOU DON'T HAVE TO LEARN EVERYTHING THE HARD WAY**, I would have had a better guideline to base my choices on. Thankfully, this book is available now, and it's a resource that every teen and pre-teen should read. Aunt Laya Saul is never preachy, she doesn't tell you what's right and wrong, she never says you can't make mistakes. Actually, the author is very adamant about that fact that each young adult should make their own decisions, and that you can learn from your mistakes. But as she also points out, there is still something to be learned from the mistakes that have already been made by others. Just as you know that jumping off the Empire State Building would be a bad idea (as shown by those who have tried it), you can realize that doing certain things will only bring you harm by seeing the results they've already had in other people's lives. The book is laid out in four main categories, with many sub-categories in each one. They are: Attitude, which includes Believe In Yourself, Everybody Has Something, Trust Your Intuition, Defining Boundaries, Don't Panic, The One Percent Adjustment, What Do You Expect?, It's Your Choice, and Accountability. Challenges, which includes Failure-Missing The Mark, Handling Regret, Trusting The Hard Times, Pain And Suffering, Alcohol And Drug Abuse: Self-Medication, Sexual Abuse, Suicide, and You Are Never Alone. You And The World, which includes Reflections On Relationships, Family, Friendship, Communication, Gossip, Be Nice, Feedback, and What You Really Need To Know About Sex. Gaining Altitude, which includes Because You Are Noble And You Can, Forgiveness, Lend A Hand, You've Got To Stand For Something, Live Your Dreams, Changes, and The Gift of Time. There is also an introductory letter from the author, a final word, a section on recommended reads and a bibliography, acknowledgments, how to contact the author, and an author biography. This is a great book that you can give to the teen or pre-teen in your life. Or if you're a young adult looking for a handbook to get through the tough times of adolescence, pick up a copy of **YOU DON'T HAVE TO LEARN EVERYTHING THE HARD WAY**. I guarantee you won't be disappointed. --TeensReadToo.com Mom's Choice Award 2009 Gold Recipient: Young Adult Self-Improvement Indie Book Award 2008: Winner in Young Adult Non-Fiction The National Best Books Award 2008: Finalist in Young Adult Non-Fiction --Award Winning Book

"This book teaches how to make your life one of effortless effort. You'll love it!" Mark Victor Hansen co-creator, #1 New York Times bestselling series Chicken Soup for the Soul® I Never Thought of THAT... Sure, all young people make mistakes. And yes, you should try to learn from them. But does that mean you have to try everything--and make a lot of painful mistakes--before you can say you've learned a thing or two about life? Not according to Aunt Laya. You can learn from other successes and failures of others, make smart choices, and lead an exciting, satisfying life. This book is a great place to start. Listen to Aunt Laya: "Decide for yourself the kind of life you want. You have to live your own adventure in life, but you don't have to reinvent the wheel." In You Don't Have to Learn Everything the Hard Way, Aunt Laya Saul helps you find--within yourself--the answers to life's most important questions. It's like having a heart-to-heart talk with your favorite aunt, one who understands you, respects you, and wants you to reach high for your dreams. Aunt Laya shows you how to: Conquer your doubts--recognize and use your gifts and your strengths Tap into and trust your intuition to make good choices and avoid danger Define your boundaries for better, healthier relationships Open the door to healing places where you hurt Strengthen yourself with wisdom and information Got friends or loved ones who could use some support? Share this book with them! --This text refers to an out of print or unavailable edition of this title.

The day this book arrived I read it cover to cover in one night! Initially, I thought I would skim through a couple chapters that interested me most, rather than start at the beginning, but I found myself compelled to read the chapters I had originally glossed over. It took me a few hours, but I could not put it down. I love this book! It has solid advice for teens in a modern world, where so many unhealthy and confusing messages are bombarding our youth. It addresses a gamut of subjects, such as learning to take personal responsibility, dealing with challenges and failure, developing healthy friendships, and even identifying and avoiding sexual abuse, to name just a few topics. The book really shines in the way it presents the ideas. All chapters are short and readable; no long, wordy sections that strain ones attention. The warm tone which reads like an intimate conversation - this book does not lecture or instruct - is very appealing. I think it is a valuable guide not only for teens, but also for parents or mentors who are looking for a more effective way to communicate these messages to any young adult.

I am very grateful to Aunt Laya for writing this much needed book. It is practical, effective, sweet, and very readable. Do you have a teenager in the house? Know one? Ever met one? This is a must

read for you and then I'm sure you will agree with me that you need to get it in every teenager's hand. I happen to have my Master's in Psychology and have read a lot of ineffective books in my life. THIS is not one of them. Why are you still reading this review? Go click on the purchase button! :) While you are at it, buy two as I know you will want to pass them on. Still reading this? You're NOT a contrarian are you? :) O.K., then I FORBID you to buy two of these books. I hope you enjoy Aunt Laya as much as I did.

I purchased this book for my teenage daughter, who like most teens don't want to listen to their parents as they think everyone else is so much cooler- she would say. Lovely. Anyway, this was a good solid insightful way for her to see, albeit from someone else, what I've been telling/advising her about and thus gives me some "cred". Amen!

I love everything about this book--from the quotations sprinkled through each chapter to the upbeat message delivered by each chapter! Aunt Laya covers every possible issue and doesn't avoid the tough ones. This is a "Book of Wisdom" packed full of common sense and delivered with love. If I could give my tween and teen grandkids only one book, this would be the one! Highly Recommended!

Best read on advice for girls growing up in a complex and difficult world. Life lessons to be read, reread and shared with all ages of women. GREAT BOOK!

This is a great book for teens I wish that there was something like this for me as a young girl,

Aunt Laya Saul's "You Don't Have to Learn Everything the Hard Way" is an inspirational and motivational book for young adults. As parents of teens undoubtedly know, adolescence is a tough time for everyone. Teenagers often feel uncomfortable as their hormones rage and their bodies change. They worry about their popularity and they feel pressured by the need to grow up too fast. In some cases, adolescents are frightened, depressed, lonely, and totally stressed out. Laya, who has a master's degree in applied psychology, imparts words of wisdom that come from her professional expertise, personal experience, and from famous people whom she quotes liberally throughout the book. In easy-to-read language and with many pertinent and entertaining stories and anecdotes, Laya covers a lot of ground. She discusses such topics as developing a positive attitude, handling difficult challenges, establishing healthful and long-lasting relationships, and

adjusting to the inevitable changes that life brings. Laya doesn't shy away from the tough issues of suicide, sexuality, and drugs. She counsels teens to think hard before they give in to peer pressure and to choose their friends wisely. She lets teens know that it is not a sign of weakness to seek help from parents, teachers, and spiritual advisors. The world is a tough place and it is not easy to grow up these days. Laya's book can be a useful tool to ease the difficult journey from adolescence to adulthood.

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