



Positive Life Changes: A Cognitive-Behavioral Intervention for Adolescents and Young Adults

Nancy G. Guerra

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Grades 6 to young adult. This research-based, program can be used in schools and correctional settings. It is designed to teach participants how to become more effective decision makers. They are empowered to recognize their strengths, identify challenges, overcome obstacles, and make life choices that have positive outcomes. Lessons cover topics such as sense of self, impulse control, anger, stress, friendships, relationships, peer pressure, empathy, goal setting, and evaluating consequences. The complete program includes a comprehensive leader s guide and a series of three workbooks. This volume provides group leaders with detailed instructions and implementation guidelines. The guide addresses the information presented in the three separate participant workbooks. Each workbook contains 10 lessons providing a life skills curriculum in which participants learn to examine how they think, develop more effective decision-making skills, and apply these skills to their daily lives. Lessons are primarily designed to be conducted in small group sessions, but can also be accomplished individually or with the assistance of a mentor or counselor.

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Nancy Sanchez:

Playing with family in a park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Positive Life Changes: A Cognitive-Behavioral Intervention for Adolescents and Young Adults, you can enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't obtain it, oh come on its identified as reading friends.

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