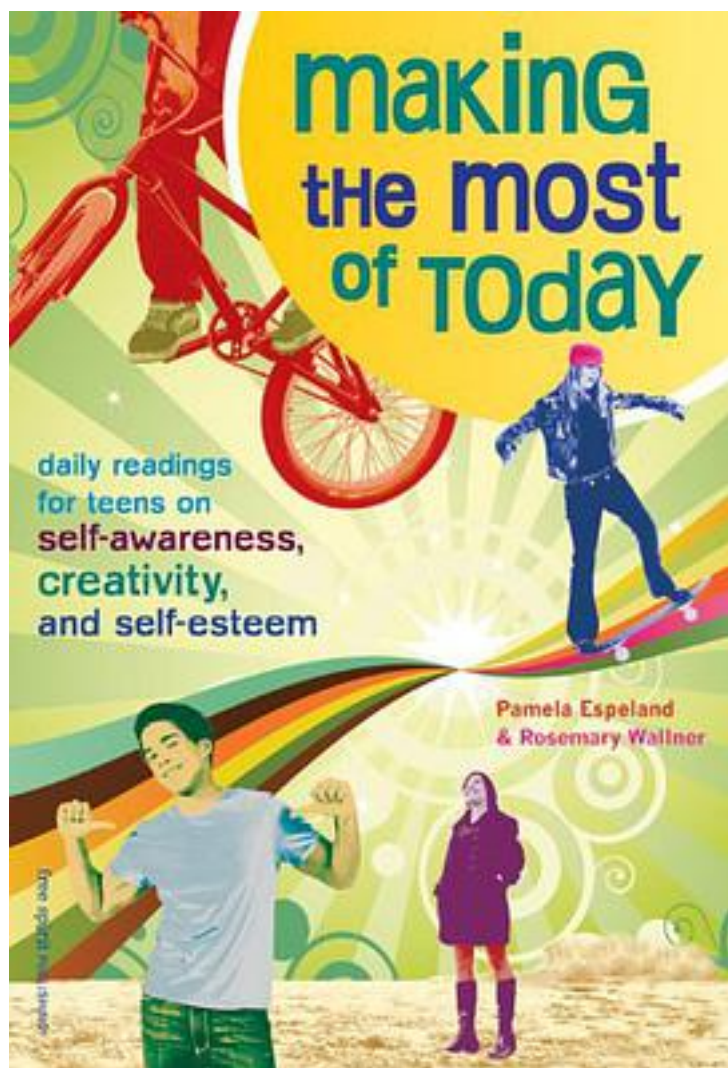


# Making the Most of Today



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The first book of daily readings for all kids guides young people through a whole year of positive thinking and practical lifeskills. Each reading addresses an issue important to adolescents and teens--making choices and making friends, laughter and learning, feelings and families. Inspiring quotations, brief essays, and affirmations encourage kids to think more deeply about themselves and their world; to take positive actions and make positive changes; and to grow in self-esteem and emotional health--the keys to making the most of every day.

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