



## Is This My Story?: Take Control and Be the Author of Your Own Life Rather Than a Character in Someone Else's

By MS Nicole Feledy

Nicole Feledy, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is This MyStory is a personal development book which helps frustrated teenagers find their voice. Experienced English teacher Nicole Feledy offers readers a practical path through the wilderness of study, social pressure, family expectations and identity recognition. Although primarily written for young adults, contained within the pages are important clues for parents, teachers and anyone else interested in supporting students who feel confused and directionless. Each chapter offers young people the functional tools they require to take ownership of their life and responsibility for their actions. These strategies can help them become the author of their own life, rather than being a character in someone else's. We like to call this a Learning Rite. Readers join characters Tania, John and Liz as they tread the learning path. This is a 10 step quest that leads toward greater self-awareness. Using a unique combination of short stories, reflective questioning and easy to follow theories, readers are shown strategies that can help them become aware of and accountable for their own behaviour. Therefore, Is This My Story could be...



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