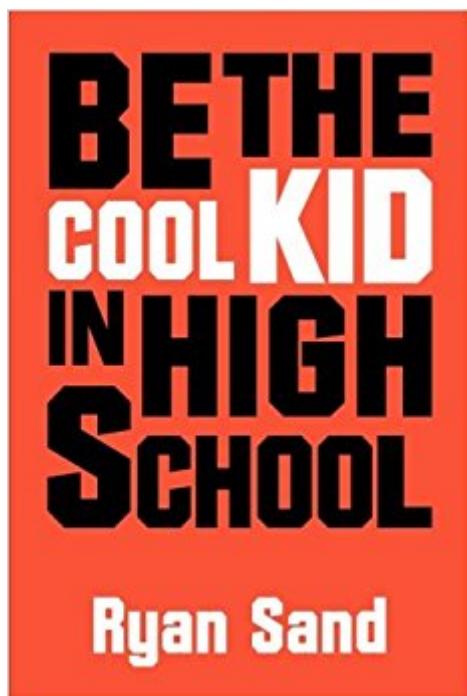


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# Be The Cool Kid In High School



## **Synopsis**

Are you unconfident? Afraid of what the people around you think of you? Do you want to be more popular and sure of yourself? Your teenage years are some of the hardest, and it's not easy when you're getting the wrong advice or no advice at all! High school can be challenging and between school, friends, and hobbies, it's tough to find the right balance to be successful. This isn't a guide for how to suck up just so people will hang out with you. It's straight, honest advice on all the things that I wish someone had told me. It lays out the key points of how to be more confident, fit, and self-assured with tips on how to deal with the people around you, how to get in better shape, and sharpen your appearance and the way you come across to others.

## **Book Information**

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## **Customer Reviews**

Great book. Will give to my kids - I'm sure they would prefer to take advice from a random stranger than parents. I docked one star for a few reasons. 1) The section on drugs, tobacco and alcohol could stand to be stronger. For e.g. "when it comes to high school, drugs and peer pressure, "no" is usually the only right answer. I can't think of any situation where when it comes to high school, drugs and peer pressure that "yes" or "maybe" would be the right answer. Unless someone threatens immediate death. But that's a big exception. I'd be happy if the word "usually" was removed. Also in the tobacco section, I'd be more emphatic about "no" there. And as far as anything that contains nicotine, why wait until you're 18. Why bother at all. Here I'd recommend throwing in the cost of a pack of cigarettes a day for say from 18 to 60 and see what that comes out to and what can be done with the money instead. Same for vapor delivery. On marijuana - "you will have more than enough time to experiment in college" - while true, kids start college at 18 generally. 21 is the

legal drinking age. How about "if you absolutely insist on experimenting you can wait until you start working and can afford it, or at the very minimum wait until you're more mature and a senior in college (you don't need to start screwing it up from freshman year)?" The other issue I had was the paragraph on Hobbies: Be careful not to waste your time on hobbies...unless they can give you skills or connections that are valuable to you, they are mostly a liability and an ineffective way to spend your time. In life (working life), there are three things I think you need to get the most out of it. A job that you enjoy - because you'll be spending a good portion of your life and time on it, 2-3 very close friends that you can count on and share just about everything with and spend time with, and a few interests/hobbies/passions. When life gets tough, the last two will really help see you through. On a daily basis, having hobbies or passions will renew you and give you something to look forward to, especially when the going gets tough. Also mastery or improvement at something you enjoy will inspire confidence as well. And it can be a great way to meet people who share the same interests later in life when it gets more difficult to meet people. So I recommend putting time into hobbies and developing them. That being said, I agree with the philosophy on gaming, even though I realize it's hypocritical of me to say so. Somewhere I saw the phrase "hobbies that will help you be successful." Ryan, one thing I think would be good to say to young people is, if you ever say to yourself, "I want to be successful" be sure to define exactly and precisely what "successful" means to you. It means various things to various people and the last thing you want to do is live your life in search of some vague quality that you're not sure what it means, or is someone else's definition of what they want from life. And while we're at it, mightn't happiness be a better goal than success? When you're on your deathbed (and if you are struggling with a decision, no matter how old, it's a good place to look back on and ask what was the right decision, but I digress), if you look back at your life and say - "I did all I wanted to do and had a fulfilling life. I had a happy life" vs say "I was a senior manager at my company. Lots of people knew and respected me and I made a lot of money. I had a happy life." vs whatever... this sort of exercise can help determine what success means to an individual. (So it might be too much if you're just trying to be a cool kid in high school, but there is something to be said for defining success before you go out into the world.)

Purchased for my 8th-grade grandson. He read it in one sitting and found it valuable.

It reminds me of my own days in high school and now I will buy it for my little cousins who are starting high school. In a world where all the books are aimed at college level students or higher, it's a relief knowing that there is a book that serves as a guide for high school students and parents with

kids in high school equally!

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