

Being a happy teen

#1 BESTSELLER



ANDREW MATTHEWS

author of the million seller **FOLLOW YOUR HEART**

READERS' COMMENTS

"This book is addictive! I couldn't stop reading it.

The content is fabulous – like watching Disney Discovery Channel!"

CHERRY YAP

Singapore

"This book has helped me understand life better.

It is very useful and very good."

SYAZMIN MOHD KHALID, 15

Malaysia

"BEING A HAPPY TEEN is great! Finally there is a book for us that makes sense and tells us what we need to know."

BEKKY SCHNEIDER, 16

Queensland, Australia

"I was able to relate to the book as well as gain from it. I like the part about friends and being self confident. It really worked when I tried it. I am sure other readers will enjoy it as much as I did."

KIMBERLY WONG

Hong Kong

"BEING A HAPPY TEEN is an absolute gem.

It makes complex issues simple."

DR PETER MANUEL

Principal, Victor Harbor High School, Australia



READERS' COMMENTS

"This is the book I wish I had when I was growing up. As a parent of teenagers, I recommend it to all parents and teenagers."

CHRISTOPHER FERNANDO

Barrister, Malaysia

"I love Andrew's work – it is brilliant, insightful, fun and helpful."

MARK VICTOR HANSEN

Coauthor Chicken Soup for the Soul

"I really enjoyed reading BEING A HAPPY TEEN –
I hate to admit it but I am a lot more motivated for it."

EVE JACKSON, 15

Sydney, Australia

"Every teenager should have this book! It is simple,
easy to read and to the point. I know it will help you."

DATO SHARIZAT MD JALIL

Minister for Women & Family Development, Malaysia

"I have been searching for the right book for my 12 year-old son, Ben, who was somewhat troubled by what life dishes out. I tried reading many books to Ben but none held his attention for more than a paragraph. I can't begin to tell you how much this book means to us."

MARIA LEWTY

Brandon, Australia

being a happy **TEENAGER**

written and illustrated by
Andrew Matthews

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Also by the same author:

“Being Happy!”

“Making Friends”

“Get Faxed!”

“Follow Your Heart”

“Happiness in a Nutshell”

Dedication

To my precious wife – and publisher – Julie:
Thank you for all your love and guidance. You never cease to amaze me!
For ten years you have encouraged me to write a book for teenagers.
Thank you for your insights, your inspiration and your endless editing.
You made it happen. This is your book.

Thank You

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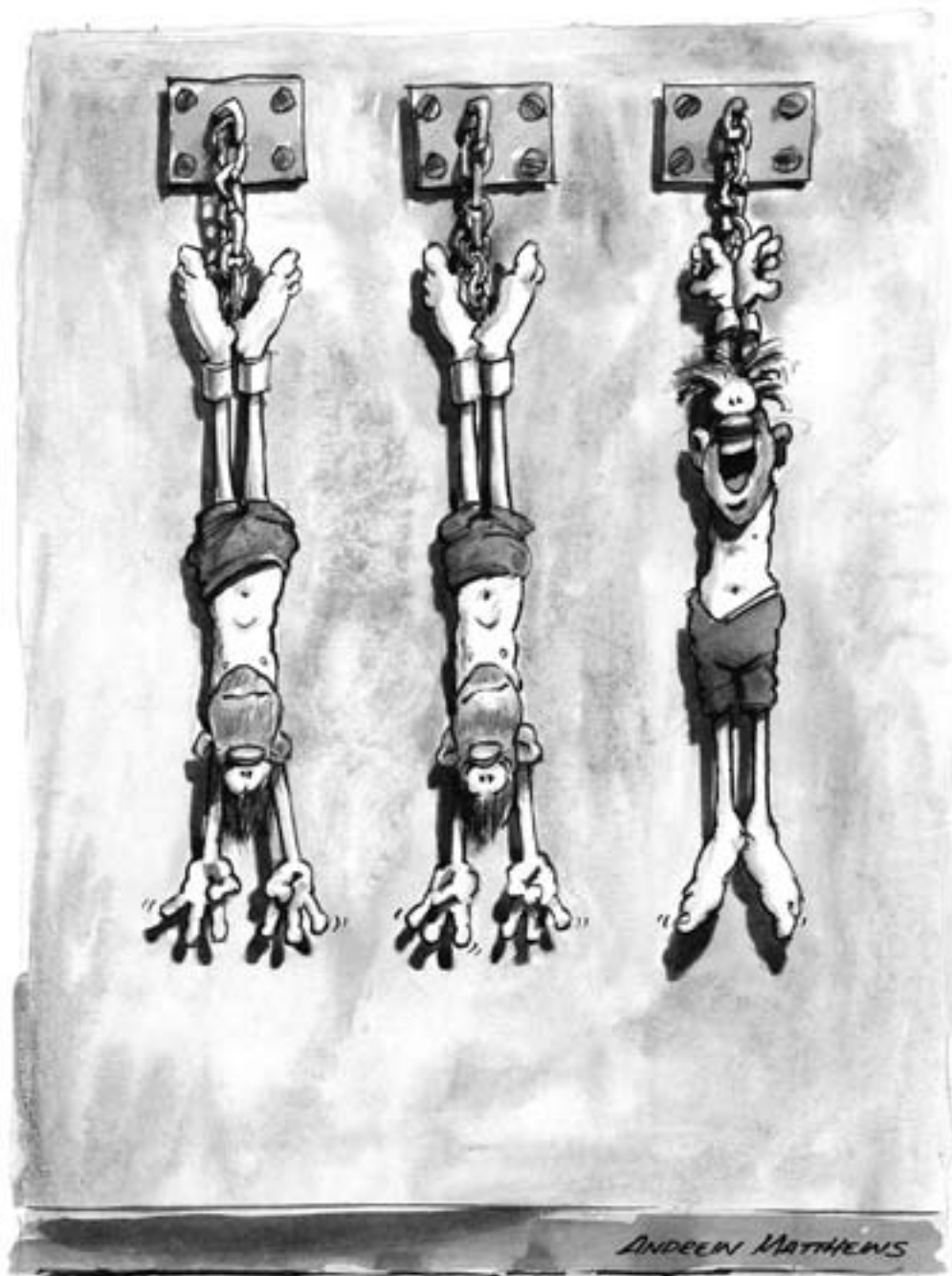
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To Colin Martin of Twocan for your creative ideas in the layout of “Being a Happy Teenager”.



"Sometimes I ask myself, 'Why am I the lucky one?'"

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Do you ever:

- *wish you were older?*
- *wish you had more money?*
- *get embarrassed by your parents?*
- *wish you looked different?*
- *wish you had different parents?*

Do you ever feel “No one understands me”

Do you ever wonder “Will I fall in love?”

Do you sometimes want to drown your brothers and sisters?

Do you ever ask “Why do I have to learn all this stuff in school that I will probably never need?”

Do you ever wonder “Am I normal?”

“Am I Normal?”

If you answered “Yes” to about half of the above, you sound perfectly normal! You will also probably find this book useful. And if it makes you feel better, ninety-six percent of teenagers don’t like their faces or their bodies!

Most likely you believe that:

- The smartest people are the most successful
- People with easy lives (and no work to do) are the happiest
- The cutest girls always get the guys
- The best-looking guys always get the girls
- Mistakes are bad

But none of this is necessarily true. Read on...

