

Here it is at last! A program designed to teach healthy choice making skills while increasing a sense of self-worth in our teen-agers. In this evolutionary new five-session course, Donna Miesbach explores such important areas as:

The Inner/Outer Aspects of Our Experience  
The Roles We Play  
Accepting Responsibility for How We Feel  
Listening to Your Heart  
Attention, Intention and Detachment  
Discriminating Between What We Want and What We Know Is  
Good for Us  
Finding the Love You Are Seeking  
Finding Your Purpose in Life

Presented in an experiential format, these and other topics offer tools that help us gain insight into how we participate in shaping our daily life. Included in each session is a unique guided meditation that enables the participants to integrate the material in creative and meaningful ways. This innovative and resourceful program is a must for people on the growing edge.

The suggested companion text, *Child of the Dawn*, by Gautama Chopra, is a delightful story about a young boy who faces many of these issues himself. His own inner exploration provides an excellent stepping stone for discussion of issues we all must face.

Donna Miesbach was Certified as a Meditation Instructor by Dr. Deepak Chopra at the Chopra Center for Well Being, La Jolla, CA. In addition to her teaching and writing, she also offers life-enrichment workshops throughout the Mid-West.

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"This critically needed program for teens teaches important life skills that make it possible to be a fully alive and joyful human being. Throughout the Course students learn how to increase their awareness while discovering their own inner beauty and power."  
~~Dr. Monica D. Traystman, President, Healthy Spirit, Inc.~~

"This program builds on and enriches developmental guidance skill experiences provided in schools. These "tools" fine tune key characteristics needed for students to realize their optimum life possibilities. I highly recommend this program." ~~Dr. Tommie Radd, Professor of Counselor Education, University of Nebraska at Omaha, and Developer of the Grow With Guidance System~~