Contents



	INTRODUCT	5		
PART 1:	SELF-AWARENESS			
	CHAPTER 1		Getting to Know Yourself	17
	CHAPTER 2		My Thoughts and Feelings	35
	CHAPTER 3		There is Only One Me	55
	CHAPTER 4		Physical and Mental Resilience	73
PART 2:	SELF-DEVELOPMENT			
	CHAPTER 5		Wellness	99
	CHAPTER 6		Emotional IQ	125
	CHAPTER 7		Communication Skills	141
	CHAPTER 8		Relationship Skills	159
	CHAPTER 9		Positive Decision Making	181
PART 3:	SOCIAL AWARENESS AND RESPONSIBILITY			
	CHAPTER 10		Social Awareness	203
	CHAPTER 11		Media Awareness	221
	CHAPTER 12		Tolerance	241
	CELEBRATION	265		
	CONTRIBUTOR	270		
	BIBLIOGRAPH	271		