

ZEST: Live It!

Text and Illustrations

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Audience: grades 5-10.

Summary: Students are introduced to the concept of "ZEST" through stunning illustrations and short, poetic statements. Reading this book will help young people understand the thrill of finding the passion and joy life has to offer, regardless of the challenges they face.--Publisher.

1. Enthusiasm. 2. Success. 3. Happiness. 4. Depression in adolescence. 5. Self-actualization (Psychology) 6. Psychology, Applied. 7. Middle school students--Life skills guides. 8. Teenagers--Life skills guides. 9. [Enthusiasm. 10. Success. 11. Happiness. 12. Depression in adolescence. 13. Self-actualization (Psychology) 14. Conduct of life.] I. Griffin, Lisa M. (Lisa Middleton), 1972- II. Title. III. Series.

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If your morning is dark
Or your thoughts are gray


one morning...





Then you're going to need
ME

To launch
and propel.



I *set you apart...*

With the

spring

in your **S**
T
E
P,