TITLE: Don’t Sweat the Small Stuff: for Teens

CITATION:

CATEGORY  (this book is a Self-Help Novel)
Servant Leadership  Nonfiction/Biographies  Classic Literature  Multicultural Literature

RECOMMENDATION FOR PROGRAM

9th Grade: English  World History  Perspectives

10th Grade: English  World History  Communications

Other  11th Grade Ethics

SUMMARY

This book explains how to get through everyday teenage life easily. I think this would be a good fit for all incoming freshmen because of the experience of beginning high school. It would be good for them to learn how to keep their stress levels at a minimum through their journey through high school. I wish someone would have told me about this book sooner because it would have made my last two years of high school much easier. The book explains how to handle situations and problems that all teenagers have (friends, school, drama, etc.) It also explains how to keep stress at a bare minimum. This book also helps to realize the advantages of being wise, patient, and happy in life. By learning how to pick certain fights and ignore others or be the bigger person and just let it go, I have learned that this helps reduce stress and eliminate drama in my life. This book would be good for all teenagers, but more importantly freshmen in order to let them know what high school life will be like and how to avoid conflict and stress.

LEADERSHIP STYLES & THEMES

- Ethics and Moral Responsibility (dilemmas, morals, development)
- Social Change (responsibility, society, values)
- Inclusion and Pluralism (diversity, conflict resolution, gender)
- Transformational Leadership- leaders influence and motivate others, morals, values, and perspectives
- Charismatic Leadership- vision and rhetorical skills, build in hearts and minds of others
LEADERSHIP & INTERNATIONAL RELATIONS APPLICATIONS

This book allows teenagers to feel that they have self-worth and are appreciated. The author wants teenagers to know that each one can make a difference. The book allows teenagers to develop their own sense of morals and values in society. This will lead to a defined sense of leadership for each teenager. It allows a sense of self-definition and for teenagers to “find themselves.” If teenagers feel that they are leaders and can make a difference, this will in turn make better future leaders. Teenagers will learn skills now that will help them in the future (kindness, generosity, patience, and self-worth).

STUDENT INTEREST RATING

1  2  3  4  5  6  7  8  9  10

CONTEXT QUOTABLES

Issues Addressed (a few chapters):

Don’t Sweat the Break Ups
Get Out of the Emergency Lane
Be OK with Your Bad Hair Day
Don’t Throw Up on Your Friends
Drop the Drama

“Embrace the attitude “This Too Shall Pass”” (Carlson 236).
“Convince yourself that one teen does make a difference” (Carlson 10).
“Remind yourself over and over again that you don’t need to be any different in order to like yourself” (Carlson 27).

COMPLEMENTARY SELECTIONS

The author has many more books he has written on this topic for people of all ages.

Don’t Sweat the Small Stuff
Don’t Worry, Make Money
Don’t Sweat the Small Stuff with Your Family
Don’t Sweat the Small Stuff at Work
Don’t Sweat the Small Stuff in Love