

PUBLISHER'S FOREWORD

The life of a student is a strange mixture of excitement and tension. They are anxious and hopeful for their future, but, particularly since the shooting events of Columbine and Taber, 9-11, an increase in concern over fatal or chronic diseases such as obesity, cancer, diabetes, and AIDS, they have real concerns about their health and security. It is easy to see their world as a difficult, frightening, and lonely place. Health and educational professionals want to deliver sensitive, individualized instruction or care, but struggle to do so.

Families and professional stakeholders should be providing them with a healthy, safe place to learn and explore, yet are finding themselves stressed beyond their capabilities. As a result, these students find it difficult to find an adult to reach out to; they are increasingly leaning on their peers—ones who lack the wisdom that comes from experience and education. The students' decisions and actions have a far-reaching impact on their future, yet they are making them, without the benefit of an elder's full attention and input .

The writings in this book fill this void, providing the support, comfort and advice from an adult, to students. Insightful lessons, foundations, and disciplines are found within these pages. These insights are sought by education and health-care professionals to direct their work. This work is easily and quickly read, and serves to fill the need of anyone wanting to provide or reinforce a positive direction in the life of a child or young adult.