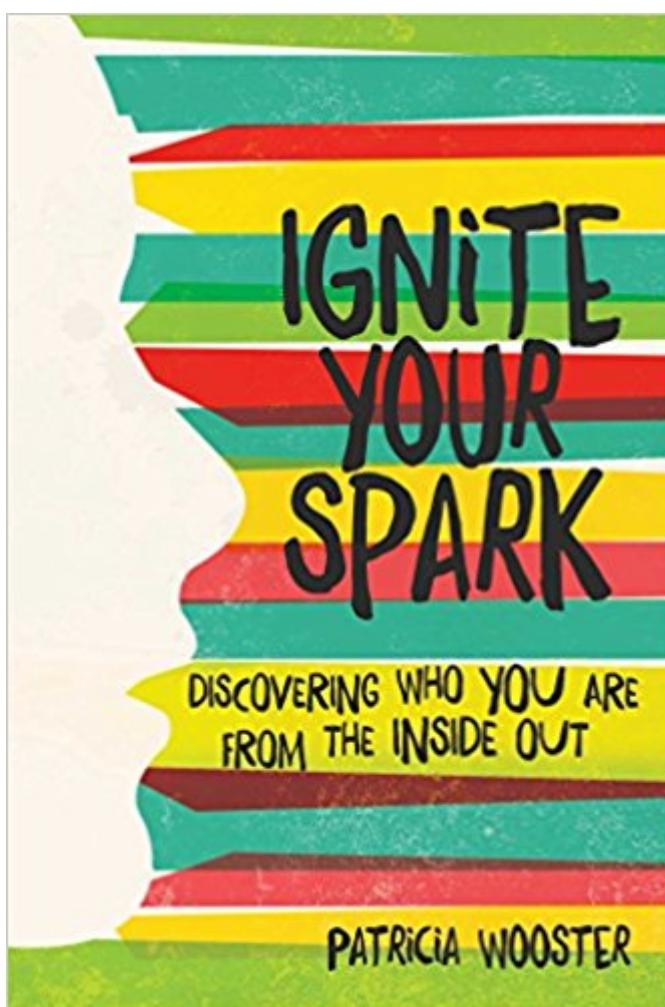


The book was found

Ignite Your Spark: Discovering Who You Are From The Inside Out



Synopsis

Forge your own path, engage your passions, and light thousands of sparks to become the person you want to be with this interactive guide filled with quizzes and activities to help you along the way. It's no secret that your teen years can be tumultuous, confusing, and even sucky, but that doesn't mean you can't light a fire in your life. Covering topics from relationships, self-image, and school to goals, failures, and willpower, Ignite Your Spark features thought-provoking quizzes, "Ignite Your Life" activities, and profiles of kids and adults alike who have ignited their own spark to accomplish extraordinary things. Your teen years don't have to be a struggle, and with this handbook for self-discovery and personal fulfillment, you will find that the ability to ignite your own spark has been within you all along.

Book Information

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Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Gr 7 Up "Adolescence is often rife with sticky relationships, worries about the future, and general confusion. Wooster attempts to alleviate some of that turmoil in this work that encourages teenagers to think about how their present interests and talents can inspire a life filled with meaningful pursuits. Using a familiar structure, each chapter discusses how teens might revitalize their relationships, activities, dreams, failures, and more. First, a scenario introduces the topic, followed by a general discussion. Next, a short quiz offers readers the chance to assess where they might stand regarding the quality of their relationships or attitudes toward school. Included are interviews with

"Illuminators" (some are well-known figures, while others are professional experts or teens themselves) who discovered their passions and went on to notable success. The author continues with helpful advice on changing negative or problematic situations. While the book can be read cover to cover, it might be more appreciated by teens concerned with a particular issue addressed in the relevant chapters. Otherwise the material can become repetitive and formulaic. **VERDICT** Librarians who need to spruce up their teen bibliotherapy sections with newer, updated titles might find this a worthy addition to their collections.â "Anne Jung-Mathews, Plymouth State University, NH --This text refers to an out of print or unavailable edition of this title.

â œThe principles laid out in Ignite Your Spark will help teens discover their unique path and grow into adults of character, confidence, and substance." (Josh Shipp founder of Kids These Days and author of The Teen's Guide to World Domination)Wooster offers teens too shy or scared to be themselves the stories of others who have embraced their true selves.In peppy prose, the author exhorts teens: instead of following the crowd, focus on "discovering and becoming the person you want to be"â "aka igniting your spark. Chapters not only provide suggestions for igniting readers' sparks in school, hobbies and activities, and relationships, but how to face failures and boost willpower. The text is peppered with spark igniters and extinguishers, role-plays, quizzes, and examples of all kinds of success stories. It's a bit cluttered and doesn't have a lot of flow, but the information contained is solid. Perhaps there's too much emphasis on not being one of manyâ "what about teens who are authentically interested in doing the same as most of their peers?â "yet the positive, cheerleading tone will certainly reassure any teens who are scared of being "different." The teen success stories are drawn from all fields, from science to art, business to philanthropy. The section on toxic friendship is particularly valuable. A solid resource for teens seeking advice on planning their futures. (notes, further resources) (Nonfiction. 12-14)â (Kirkus Reviews 10/1/16)The teen years are often perceived as an angst-ridden and turbulent period of human development, but Wooster asserts that adolescence can also be a time of empowerment and self-discovery. The book centers on the idea of a â œspark,â • which represents the things that every individual finds inspiring. Common thoughts and behaviors are divided squarely into two camps: those that fan the flames of success and those that extinguish them. Elaborations on the major aspects of the teen years are all includedâ "romantic and platonic relationships, self-image, schoolwork, goal setting, and careers. Interviews with real people and quizzes of self-discovery guide Woosterâ ™s narrative. Readers are challenged not only to change their outlook and think more positively but also to create practical action plans for personal success, with relatable

examples and suggestions. The central idea is that young people don't have to wait for adulthood to find the things that encourage and inspire them. — Erin Anderson (Booklist November 1, 2016) Adolescence is often rife with sticky relationships, worries about the future, and general confusion. Wooster attempts to alleviate some of that turmoil in this work that encourages teenagers to think about how their present interests and talents can inspire a life filled with meaningful pursuits. Using a familiar structure, each chapter discusses how teens might revitalize their relationships, activities, dreams, failures, and more. First, a scenario introduces the topic, followed by a general discussion. Next, a short quiz offers readers the chance to assess where they might stand regarding the quality of their relationships or attitudes toward school. Included are interviews with "illuminators" (some are well-known figures, while others are professional experts or teens themselves) who discovered their passions and went on to notable success. The author continues with helpful advice on changing negative or problematic situations. While the book can be read cover to cover, it might be more appreciated by teens concerned with a particular issue addressed in the relevant chapters. Otherwise the material can become repetitive and formulaic. **VERDICT** Librarians who need to spruce up their teen bibliotherapy sections with newer, updated titles might find this a worthy addition to their collections. (School Library Journal November 2016) "Wouldn't it be great if you woke up every morning excited and energized because your days were filled with a purpose?" That's the question Wooster (*So, You Want to Be a Leader?*) poses at the outset of this wide-ranging guide that aims to encourage teens to cultivate their passions. Chapters devoted to friendships, relationships, habits, failures, and other topics include a mix of reader-directed quizzes, scenarios featuring fictional teens, and interviews with a real-life adult and teen "illuminators" including author Beth Reekles, filmmaker Lee Hirsch, and a variety of young entrepreneurs. Throughout, Wooster offers a mix of aphoristic suggestions for how readers can stay on track ("Leave your comfort zone behind") and concrete goals and actions they can take to foster their interests and skills. Ages 12 and up. (Publishers Weekly January 2, 2017) Inside every young person there is an inner spark that sets him or her apart from the world. There is no need to find a niche in a clique; the most important thing is to embrace the ability to stand out. Wooster's book intends to help adolescents discover their true identities. Throughout the text, she has rocket and fire extinguisher icons that stand for things that can ignite an inner spark and things that can put it out. She begins with a brief retelling of her life story and explains how she finally realized her identity and discovered her purpose. Her purpose aligns every area of her life. Each chapter focuses on different levels of self-image. What makes this book stand out is Wooster's interviews with a diverse group of people from different walks of life. The interview

questions relate to the topic and add to the bookâ™s cohesiveness and overall appeal.Â Quizzes in the chapters give readers an opportunity to self-assess, while the sidebars draw out important concepts. In addition to a table of contents, the book also contains a list of websites that provide further reading about the topics covered. This is an excellent resource that will help adolescents navigate the tumultuous journey to finding themselves.â "Anjeanette Alexander-Smith. Â (VOYA February 2017)For students trying to figure out school, life, and the meaning of everything, Patricia Wooster's new book may be the answer. By following one or more of the ten suggestions Wooster offers for "igniting" different aspects of life, including relationships, dreams, and failures, teens can begin to take charge of their own life and move it in a positive direction. Along the way they receive helpful hints about spark ignitersâ "things to keep life positiveâ "and spark extinguishersâ "ways of thinking that will quickly dampen enthusiasm for life. Readers will also find useful quizzes to help them pinpoint where they are in relationship to the topic. What sets this book apart is that the author intentionally designed the book to be revisited over and over again. The suggestion is to focus on one or two sparks, implement them, and then come back for more. Also included are bullying resources, college resources, and just-for-fun resources. This book could be a teen's constant companion during the high school years. Additional Resources. Websites.Â Recommended (School Library Connection May/June 2017)

This book is an empowering read for middle school children and this middle-aged mom. I am reading it to my two sons: ages 12 and 14. Each chapter "ignites" conversation and self reflection to depths I usually find it impossible to reach two young men as their mother. I, too, find the relatable success stories and quizzes we discover reading here to make me think about personal traits and intentional choices I can still make to enrich and feel more in control of my OWN life. Would recommend this book across the age spectrum; I have found it to be a great bonding tool and barrier eliminator with my children. Invest in this one fellow Tween/ teen Moms; it will not disappoint.

This is a must read for every pre-teen, teen and college student. I have recommended it to so many of my friends with kids. I read it and I am 47 years old and it ignited a spark in me. It started my wheels turning of new opportunities that are still available to me and where can I start? I wish I had this book when I was growing up because I am inspired with all the stories. An absolute must read!

I bought this book for my soon to be 13 year old son. He doesn't like to read much but he will sit down willingly at night and read a chapter or 2. He is engaged in the book and actually takes the

quizzes and does the activities at the end of the chapters!! I would recommend this to anyone who has an adolescent who needs help in finding their way through this time in their life!

I have recommended this book to several pre-teens, including my own grand daughter. The book provides a path for interaction w/ parents and pre-teens and dialogue that can offer a search for new opportunities for pre-teens. I also purchased extra copies and took them to various middle school and elementary schools in our city. The school counselors were very receptive, More of this type of reading for pre-teens is much needed as they are faced with so many challenges, "Ignite" gives direction to meet these challenges & look beyond for new opportunities .

This exactly what I needed to jump start conversations with my preteen girls! My girls loved the questionnaire and the time we spend reading the book together. I have one child who is still trying to find her passion and this book gave her real things to do to get that ball rolling. As a parent I feel it's a perfect read for myself as well as I've been wanting to find a hobby that fills me as well. Excellent book. A+

What a great book for teens, pre-teens, AND parents. Wonderful stories of inspirational young people! Great pointers for following your passion & "Igniting Your Spark"!

I highly recommend purchasing this book for your adolescent. It is a great book to have around the house so that a young person can read and re-read it whenever situations present themselves. That said, it is a must-have for any school that serves adolescents. The book assists students in self-reflection, points them in a positive direction, and assists them in making good choices.

This book has been a wonderful resource to me and the teens I work with. I love the interactive quizzes the kids take each week. It gets them engaged in the topic at a personal level. I would recommend this book for teens to read on their own or in a group study setting! This is perfect for leadership development and mentorship programs in schools, community centers, libraries, and youth groups.

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Spark Awaken Your Inner Fire: Ignite Your Passion, Find Your Purpose, and Create the Life That You Love As You Are: Ignite Your Charisma, Reclaim Your Confidence, Unleash Your Masculinity A Genealogist's Guide to Discovering Your Female Ancestors: Special Strategies for Uncovering Hard-To-Find Information about Your Female Lineage (Genealogist's Guides to Discovering Your Ancestor...) Bug Out RV: The Definitive Step-By-Step Beginner's Guide On Transforming Your Family RV Into A Bug Out Vehicle To Get You Out Of Danger In A Disaster A Whole New You: Six Steps to Ignite Change for Your Best Life The Answers Within: Find Your Soul Purpose and Ignite Your Hidden Superpowers Get Lit Rising: Words Ignite. Claim Your Poem. Claim Your Life. Coming Alive: 4 Tools to Defeat Your Inner Enemy, Ignite Creative Expression & Unleash Your Soul's Potential 131 Creative Conversations For Couples: Christ-honoring questions to deepen your relationship, grow your friendship, and ignite romance. (Creative Conversations Series) Inside Administrative Law: What Matters and Why (Inside Series) (Inside (Wolters Kluwer)) Adventure Guide Inside Passage & Coastal Alaska (Adventure Guide to the Inside Passage & Coastal Alaska) (Adventure Guide to Coastal Alaska & the Inside Passage) Of Russia: A Year Inside (Of China: A Year Inside, Of Iraq: A Year Inside Book 1) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP The Brain Warrior's Way Cookbook: Over 100 Recipes to Ignite Your Energy and Focus, Attack Illness and Aging, Transform Pain into Purpose

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