

# Chérie Carter-Scott, Ph.D.

**New York Times #1 Best Selling** author Chérie Carter-Scott, Ph.D. has been coaching change successfully for over 25 years. Dr. Carter-Scott is an international author, entrepreneur, consultant, lecturer, teacher/trainer, talk-show host, and seminar leader. Her company, Motivation Management Service Institute, Inc. (MMS), has reached millions of people worldwide. Some of her Fortune 500 corporate clients include: FMC, American Express, IBM, GTE, State Farm Insurance, Burger King, and Better Homes and Gardens Magazine.

Dr. Carter-Scott has promoted her books on eight media tours across the world, including appearances on several national programs, such as **The Oprah Winfrey Show**, **Leeza**, **CNN** and 300 television and radio talk shows.

Her **New York Times #1 Best Selling** book, ***If Life is a Game, These are the Rules: Ten Rules for Being Human*** was published September, 1998 in 26 countries. Following her September 15<sup>th</sup> appearance on **The Oprah Winfrey Show**, Chérie's book sold over 600,000 copies in its first six weeks, selling out every major book seller in the U.S., including Borders and Barnes & Noble. Other national best seller list rankings include #1 with **The LA Times** and #1 with major online media source Amazon.com. Chérie's second book in the game rules series, ***If Love is a Game, These are the Rules*** was published October 1999. ***If Success is a Game, These are the Rules*** will be available December 2000 and ***If High School is a Game, Here's How to Break the Rules*** will be available April 2001. In addition, Chérie is co-authoring ***Chicken Soup for the Global Soul*** with Jack Canfield and Mark Victor Hansen to be released in the year 2003.

Dr. Carter-Scott has several other published titles: ***Negaholics: How To Overcome Negativity and Turn Your Life Around***, which has sold over 100,000 copies, ***The Corporate Negaholic: How to Successfully Deal with Negative Employees, Managers and Corporations***, in addition to two self-published books: ***The New Species: The Evolution of the Human Being*** and ***The Inner View: A Woman's Daily Journal***.

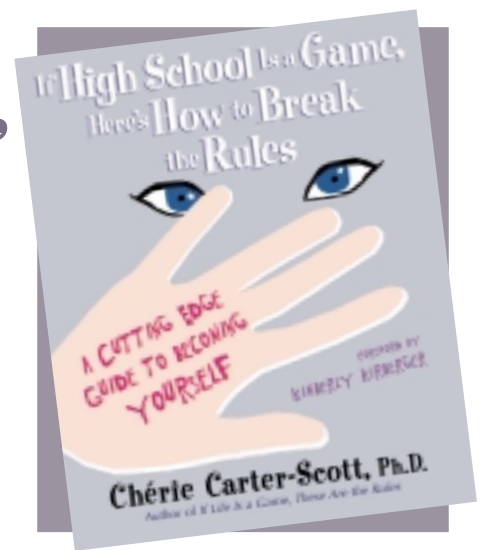


**To schedule Dr. Carter-Scott for your next talk, contact :**  
(805) 682-7474 or *michael@sbsb.net*

# If High School is a Game, Here's How to Break the Rules

A CUTTING EDGE GUIDE TO BECOMING YOURSELF

By Chérie Carter-Scott, Ph.D.



The path between childhood and adulthood can be uncertain, rocky, and unfamiliar. This book provides the handrails to make the journey through uncharted territory make sense. From making choices to learning from your mistakes to defining who you are, these ten truths clarify what to expect and let you choose how to deal with the changes.

## **Truth #1: Your body will change.**

You may like or dislike change, but it's going to happen to your body either way, in a BIG way. How you deal with it will affect your happiness.

## **Truth #2: You will be presented with choices.**

With each choice comes a consequence. Your choices will impact your future.

## **Truth #3: Support is out there.**

Even though things may seem bleak, support exists.

## **Truth #4: You will question authority.**

As you grow up, you'll find yourself wanting to challenge the rules. How you go about it will make a profound difference in the outcome.

## **Truth #5: Your new identity will emerge.**

Defining who you are requires breaking away from the old and casting a new you. This transformation occurs on the inside as well as the outside.

## **Truth #6: Your inner world is your safety zone.**

Developing your inner world gives you a sense of balance, and a place to go that is safe.

## **Truth #7: Deal with the things you cannot change.**

There will be things that you don't want to do. Learning how to deal with them is part of the game of life.

## **Truth #8: Mistakes can provide valuable lessons.**

If you did everything perfectly, you would never learn anything. Mistakes remind you of your humanity and allow you to grow.

## **Truth #9: What you make of school is up to you.**

School is a reality. How you deal with that reality impacts your future.

## **Truth #10: Adolescence is the tunnel to your future.**

Tunnels can be long, dark and scary. The good news is that there is always light at the end of them.