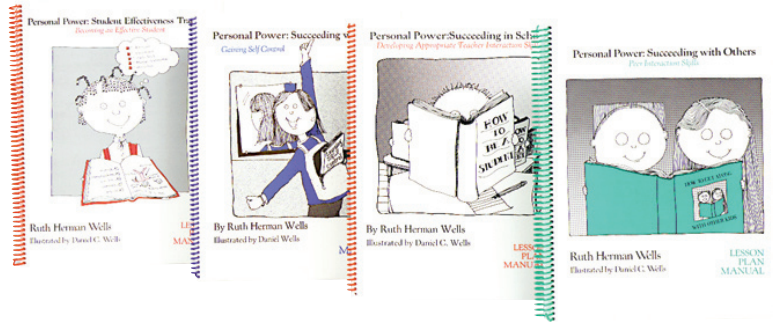


# PERSONAL POWER

Student Effectiveness Training

★ Ruth Herman Wells ★

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The series is composed of four sequences, each containing 10 lesson plans that require minimal preparation. Each lesson includes engaging interventions that ease students into making changes they might otherwise resist. Lessons include cartoons, contests, games, experiments, stories, role-plays, and other innovative devices. The series includes four volumes focusing on three areas of success — in school, with the self, and with others.

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