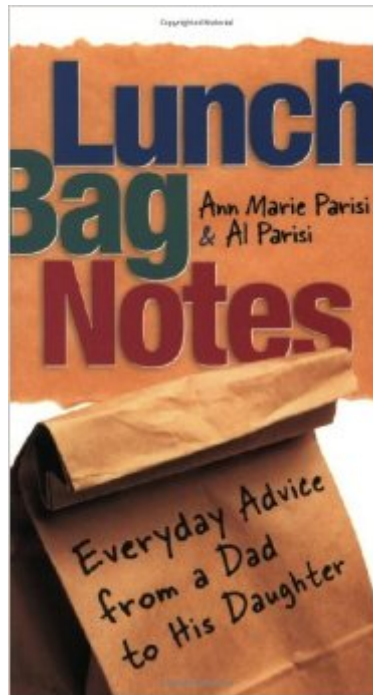


The book was found

# Lunch Bag Notes: Everyday Advice From A Dad To His Daughter



## Synopsis

Sometimes Father does know best . . . Looking for a little advice on dealing with a difficult situation in your life or just want some help figuring out what to do with your talents and dreams? Youâ™ll find plenty of gentle, loving wisdom in Lunch Bag Notes. Ann Marie Parisi and her dad, Al Parisi, share the fatherly advice and support that helped Ann Marie survive high school. Starting in Ann Marieâ™s sophomore year, Al began writing daily notes on her lunch bags. At first she kept the notes private (she was a little embarrassed), but eventually they became popular reading for Ann Marieâ™s growing circle of lunchtime friends. The daily notes guided all of âœAlâ™s Galsâ• through high schoolâ™s tough times and reminded the girls to celebrate their friendships and their talents, and to truly make something of their lives. In Lunch Bag Notes, Ann Marie and Al have collected the most inspirational messages that Al originally wrote and combined them with questions for reflection and a place to journal. Lunch Bag Notes touches upon everything from friendship, family, attitude, and choices to faith, character, forgiveness, and more. If youâ™re seeking guidance on a situation youâ™re facing or simply need a little inspiration or encouragement, youâ™ll find it here.

## Book Information

Paperback: 224 pages

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Product Dimensions: 5 x 0.5 x 8.5 inches

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

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Religions > Inspirational

Age Range: 12 - 16 years

Grade Level: 8 - 12

## Customer Reviews

The introduction to this book gives some background to the tender father-daughter relationship

between Ann Marie Parisi and her father Al Parisi. I found this portion of the book to be both touching and inspirational. Rather than being sidelined or defeated by the "cross" he had to bear, Al Parisi threw himself into a new role and has doubtless touched multiple lives by fully embracing his role as father. Al's notes to his daughter Ann Marie, and eventually to her group of friends, are now a gift to anyone looking for a little introspection. The book presents both Al's original lunch bag notes and a journal response section for each with multiple prompting questions. Aimed at teens, the book would make an excellent gift for any young man or woman who is looking for encouragement and guidance along life's path. I would also love to see parents use this book as a springboard for conversation with their children. We can all be inspired by Ann Marie and Al, and their efforts to build lifelong communication through the gift of writing.

A father's faith and love will inspire us all. I read this book several times and it still makes me smile so I gave each of my granddaughters a copy of this book.... Papa Dom S.I.N.Y.

"Lunch Bag Notes is full of love and wisdom. The book is great to build positive character education, faith, love, choosing friends wisely, and self-esteem."

Lunch Bag Notes is a thoroughly enjoyable, sometime humorous, sometimes sad but always thought provoking book all teenagers and their parents should read. It is an excellent primer for teens trying to determine their life's direction and for teenagers and their parents to improve their communication with one another. Its journal format makes it an excellent keepsake.

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