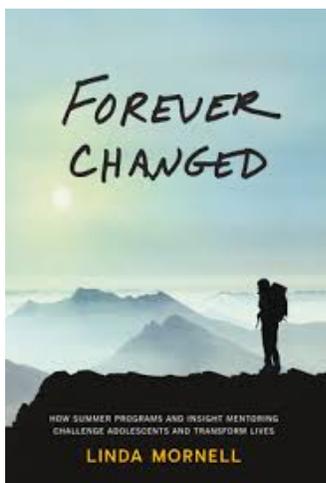


How to use **Forever Changed** by Linda Mornell



The Audience: *“As a former Outward Bound and KIPP instructor, I was skeptical when I started reading Forever Changed, thinking, “Not another upper-middle-class white lady claiming to speak for the poor brown kids.” Not what I found. Linda Mornell is the first person I’ve read who speaks about the self-sabotage pattern I see consistently in my students. I loved that she explained that irrational pattern as utterly rational and very real, not to be brushed aside by well-meaning adults. Forever Changed should be required reading for every KIPP and Teach For America teacher, every Outward Bound and NOLS instructor, every educator and parent who genuinely wants to understand those behaviors.”*

—Leslie Frey, educator and founder of Off Trail on Purpose

The Challenge: American adolescents from all socio-economic backgrounds are not navigating to adulthood in ways that ensure they become the leaders that our country, and our world, so desperately needs. Programs teaching adolescents about risky behaviors—like drinking, smoking, unprotected sex, and reckless driving—cost billions of dollars each year, yet research indicates that they are just mildly effective. As Laurence Steinberg, noted expert on adolescent brain science, writes, *“The best programs succeed at expanding knowledge, but they do not alter behaviors.”*

The Solution: Linda Mornell’s book, *FOREVER CHANGED*, offers a solution: a new model called “insight mentoring” that teaches parents, educators, and professionals *how to help adolescents recognize, interpret, and change self-destructive behaviors*. Linda is the founder of Summer Search, a national program that provides insight mentoring and challenging summer programs to thousands of low-income teenagers each year; 80% of Summer Search students graduate from college compared to 11% of their low-income peers. Listening to kids gives them the opportunity to tune in to their own voices, which also increases their ability to empathize with others. Linda’s book includes the astonishing stories of adolescents who have been “forever changed” through this process of self-examination and transformation.

The Author: A counselor and psychiatric nurse with forty years of experience working with youth, Linda Mornell brings fresh insight into what adolescents need to become healthy adults and effective leaders. Linda is actively looking for opportunities to reach a broader audience to expand insight mentoring, and is available for speaking engagements. For more information or to contact Linda, please visit: www.lindamornell.com.

