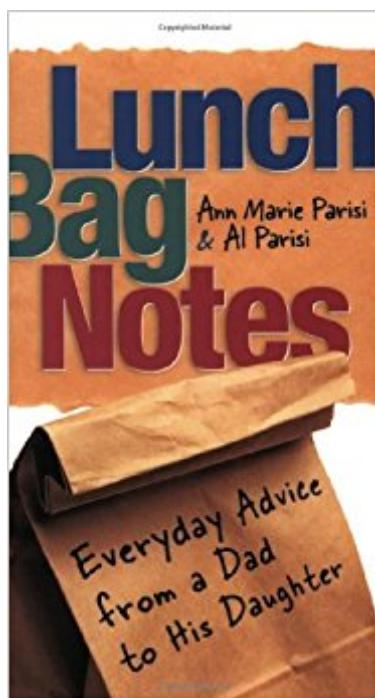


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# Lunch Bag Notes: Everyday Advice From A Dad To His Daughter



## **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?

You'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 Marie'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 Marie's growing circle of lunchtime friends. The daily notes guided all of Al's Gals through high school'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 you're seeking guidance on a situation you're facing or simply need a little inspiration or encouragement, you'll find it here.

## **Book Information**

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Age Range: 12 - 16 years

Grade Level: 8 - 12

## **Customer Reviews**

"They were cheap, plain brown bags; the messages written on them, however, were timeless and

priceless."When Al Parisi's daughter was a sophomore in high school, he began writing simple yet meaningful messages on her lunch bags each day. For the next year, Ann Marie Parisi treasured these notes, first in private and gradually with her friends at school. These short inspirational messages have now been collected in *Lunch Bag Notes*, a book for all teens to enjoy. Each daily note is accompanied by questions for reflection and space for journaling, inviting teenagers to engage in self-exploration and consider the importance of leading a faith-filled moral and ethical life. The messages contained in the book touch on such ideas as cultivating a positive attitude, assessing the health of friendships, developing a strong character, and nurturing one's talents. Al Parisi's gentle, loving words are, As Ann Marie says, "maxims for a happy and fulfilling life." Taken together, these messages reveal a strong, positive relationship between a father and his teenage daughter.

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? You'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 Marie'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 Marie's growing circle of lunchtime friends. The daily notes guided all of Al's Gals through high school'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 you're seeking guidance on a situation you're facing or simply need a little inspiration or encouragement, you'll find it here. 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? You'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 Marie'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 Marie's growing circle of lunchtime friends. The daily notes guided all of

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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 through 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.

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.

A father's faith and love will inspire us all. I read this book several times and it still makes me smile so 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."

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