



# Lunch Bag Notes: Everyday Advice from a Dad to his Daughter

*Ann Marie Parisi, Al Parisi*

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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.

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