

THE WAY OF YOUTH

In this issue of *Seize the Day*, we've included excerpts from the hit book *The Way of Youth*, a universally appealing collection of some of SGI President Ikeda's words to young people. His insight reaches beyond all barriers of race, creed, culture and gender and gets to the heart of youth issues. Each one of over eighty topics is covered in a question/answer format. We'd like to start printing various excerpts from this book in each issue of *Seize the Day*.

I'm not sure what I want to do with my life. How do I get more focused?

Although it is natural to be unsure about your future, it's crucial that you try to accomplish something—anything. The thought of this might seem overwhelming. But as the ancient saying goes, “The journey of a thousand miles begins with a single step.”...

Each morning and evening, practitioners of Nichiren's Buddhism renew their determination through chanting Nam-myoho-renge-kyo. Among its many benefits, (chanting) brings about a robust life force, enabling us to tackle all that life puts before us. ...

So do something! Start something!

A person who has firm goals is way ahead of a person who has none. ...

To read more or to find words of wisdom to other questions you may have asked yourself, *The Way of Youth* can be purchased from your favorite online or neighborhood bookstore.