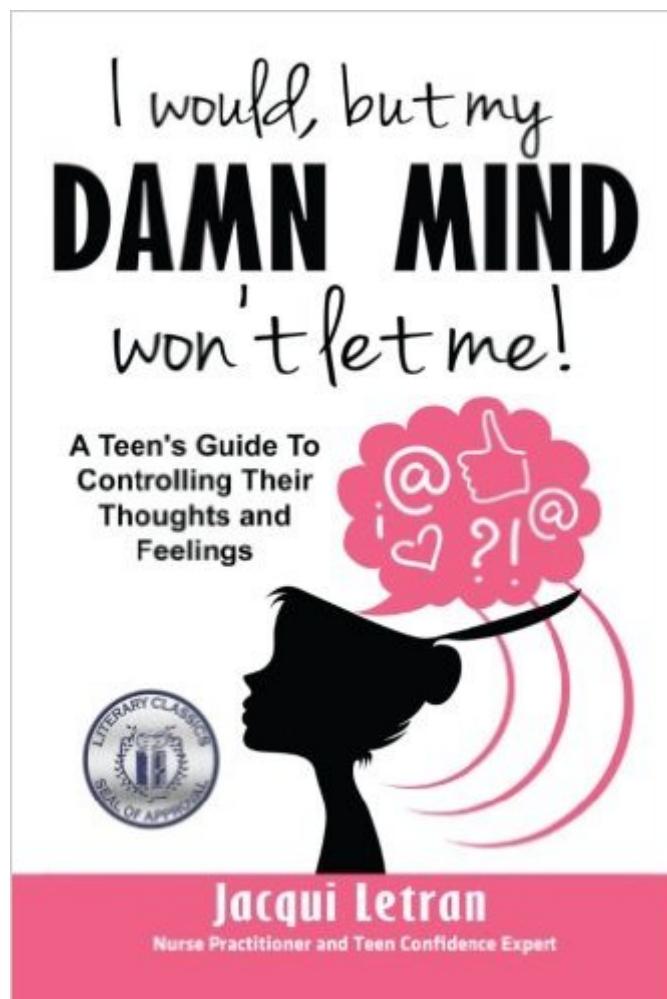


The book was found

I Would, But My DAMN MIND Won't Let Me: A Teen's Guide To Controlling Their Thoughts And Feelings (Words Of Wisdom For Teens) (Volume 2)



Synopsis

Our journey to happiness begins with a belief that happiness is possible. But for many, experiences have shown them that life is unfair and change is difficult... What if there was a way to create permanent changes quickly and easily? In *âœl* would, but my DAMN MIND wonâ™t let meâ• author Jacqui Letran, Nurse Practitioner and Teen Confidence Expert, shows teens how to take charge of their mind to overcome obstacles and struggles. In this groundbreaking guide, teens can learn simple yet powerful techniques to challenge their old negative patterns and unleash the power of their mind to create the life they want and deserve.

Book Information

Series: Words of Wisdom for Teens

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (53 customer reviews)

Best Sellers Rank: #280,553 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Teen Health #59 inÂ Books > Teens > Social Issues > Being a Teen

Customer Reviews

I read Jacqui's book and within the first few pages I KNEW I needed to get a copy to my daughter, and to say she LOVED it would be an understatement. Here is the testimonial my daughter to wrote... "My name is Lily and i'm 12 and a half years old. My mom, Sheena gave me the kindle version of your book and asked me if I'd like to read it. I read it and I think it is amazing. I've never had a major problem with stress or anxiety but it is definitely there. I started grade 7 this year and its a new school, new environment and new troubles that lie ahead. Your book is so great because it is understandable and relatable. You have the first chapters about how all these feeling and emotions are triggered. You write it in a very clear way. You give a different description, an easier way of understanding why it can be hard to change the way you think. It really shows how our Conscious and Unconscious Mind with the guide of our Master Plan, are the ones who create the feelings we experience. I love the last chapters. I love how you show us real problems that girls experience

related to the four sub-categories I'm Not Good Enough, I'm Not Worthy, I'm Not Loved and I'm Not Safe. It shows session by session progress of how well these girls are changing their mind, their actual mind! They are changing beliefs in their Belief System and helping themselves by making them CONFIDENT! I think it is so empowering and hopeful, your book shows issues (due to lack of confidence) can be solved and it's possible. Most importantly it shows us, teen girls, we aren't alone. I'd like to thank you Jacqui for writing this book. I think many people will benefit from the useful knowledge that we learn about ourselves.

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