



Jacqui Letran is an Author, Speaker, Nurse Practitioner, and Teen Confidence Expert. She blends over twenty years of experience working with teens in the medical and holistic settings to provide time-tested, practical guidance to help teen girls embody Peaceful Confidence™. Her multi-award-winning *Words of Wisdom for Teens* book series is considered a go-to resource for teens, parents of teens, and anyone working with teens.

THE POWER to Create the Life You Want IS IN YOUR HANDS!



WORDS OF WISDOM FOR TEEN SERIES

Books to Help Teen Girls Conquer Negative Thinking, Be Positive, and Build Unshakable Confidence

It should be the best time of their life, but for some, it's a nightmare. Is anxiety or stress making your daughter miserable?

In a world of social media, where all you see are other people's best and most shiny moments, it's easy for your daughter to think her life is a disappointment. Anxiety over grades, friends, gossip, and the everyday pressures of life can be crushing.

What if you could equip your daughter with tools to ensure her success and happiness?

Using what I've learned from my 20+ years of experience as a nurse practitioner and teen confidence expert, I've written six books to help your daughter break free from the endless pressure to be positive, resilient, and confident instead.

- **Book 1: *5 Simple Steps to Manage Your Mood***: helps your daughter to reflect, evaluate, and let go of her negative feelings using 5 simple questions
- **Book 2: *I would, but MY DAMN MIND won't let me***: helps your daughter understand how her mind works, so she can start taking charge of her thoughts and feelings
- **Book 3: *Jump-Start Your Confidence and Boost Your Self-Esteem*** helps your daughter to unlock 7 inner superpowers within herself to create unshakable self-confidence and lasting self-esteem

These three books, and their companion guides, will help your daughter use the power of her mind to build unshakable self-esteem, self-confidence, and self-love.

Suggested Questions

- Can you really choose your mood?
- What 5 questions can help teens manage their mood?
- What are the 3 reasons for upset feelings?
- What are the 4 beliefs that destroy confidence?
- What role does your subconscious mind play in creating your experiences?
- How do you reprogram your mind for success?
- What is confidence and why is it so important?
- Can confidence be learned? How?
- How can parents help their teens build confidence?
- Who is the inner mean girl, and what is her purpose?
- What are some ways to transform your inner mean girl into your bestie?
- What is Peaceful Confidence?



"Jacqui Letran's multi-award-winning books are recommended for home, school, and public libraries and for use in clinical settings."

~ Children Literary Classics

