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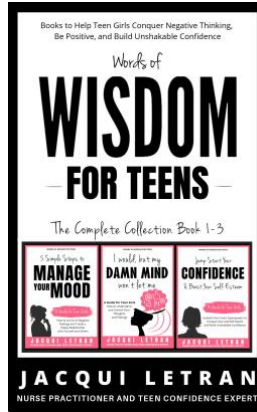
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9 Jump Start Your Confidence & Boost Your Self-Esteem

A Guide for Teen Girls: Unleash Your Inner Superpowers to Conquer Fear and Self-Doubt, and Build Unshakable Confidence

Author: Jacqui Letran

About the Book

In a world of social media, where all you see are other people's best and most shiny moments, it's easy for you to think your life is a disappointment. Anxiety over grades, friends, gossip, and the everyday pressures of life can be crushing. You don't have to suffer anymore!

The Words of Wisdom for Teen Series will help you use the power of your mind to stop the troubling thoughts that are holding you back.

If you're ready to conquer your negative thoughts and be confident and happy, this book is for you.

About the Author

Jacqui Letran is an Award-Winning Author, Nurse Practitioner, and Teen Confidence Expert with over 18 years of experience guiding youth to optimal physical and mental health. An avid adventurer, Jacqui spends most of the year exploring the U.S. in her motorhome with her husband, 4 cats, and a dog. When not traveling, Jacqui can be found soaking up the sunshine and smiles in Dunedin, Florida.

Free Book Club Author Appearance

Contact Author@JacquiLetran.com for your free 30-minute virtual visit for your book club.

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Words of Wisdom for Teens series

