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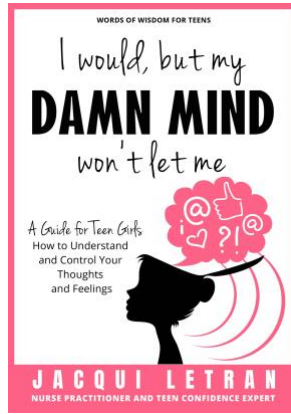
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A Guide for Teen Girls: How to Understand and Control Your Thoughts and Feelings

Author: Jacqui Letran

About the Book

Do you believe that life is unfair or that change is impossible? Are you unhappy and frustrated with your life? If you answered yes, you're not alone! Teen Confidence Expert, Jacqui Letran, is here to show you a quick and easy path to a happier, healthier life. You can learn to create permanent changes for the better!

In this book, you will discover:

- How to challenge old negative beliefs and create positive new patterns
- How to stay calm and in control of even the most difficult situations
- How to stop unhealthy thoughts and replace them with positive ones
- How to use the power of your mind to create the success you deserve
- How to create positive life experiences and much, much more!

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



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