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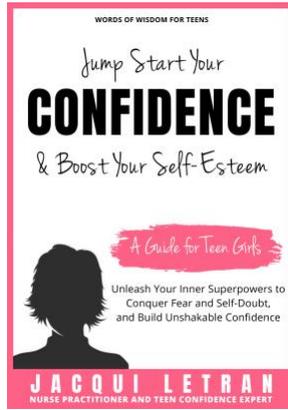
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# Jump Start Your Confidence & Boost Your Self-Esteem

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

Are you tired of constantly battling your negative thinking? Do fearful thoughts or self-doubt prevent you from enjoying your life? You can learn to stop feeling overwhelmed by your stress, anxiety, or fear, and be confident in yourself.

In this book, you will discover:

- Tap into the power within yourself to eliminate fear and self-doubt
- Take control of your thoughts and feelings
- Feel comfortable in your own skin
- Create solutions and solve your problems
- Develop a positive and resilient mindset
- Go after what you want with courage and confidence and 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](mailto:Author@JacquiLetran.com) for your free 30-minute virtual visit for your book club.

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## Words of Wisdom for Teens series

