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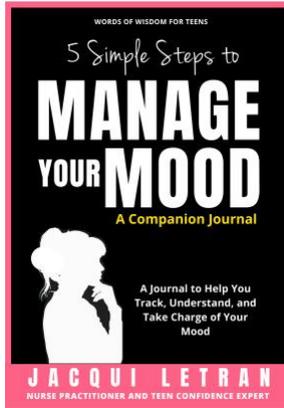
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5 Simple Steps to Manage Your Mood

A Companion Journal to Help You Track, Understand, and Take Charge of Your Mood

Author: Jacqui Letran

About the Book

This companion journal to the *5 Simple Steps to Manage Your Mood* has three sections complete with detailed prompts to help you to understand your thoughts and feelings to quickly resolve conflicts in a healthy and happy way.

Section One: understand your moods by showing your current go-to feelings and reactions.

Section Two: track, analyze, and take charge of your mood for 21 days so you can create a new and improved habit.

Section Three: use the five simple steps presented in the book to let go of any unwanted emotion and create mutual win-win results.

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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