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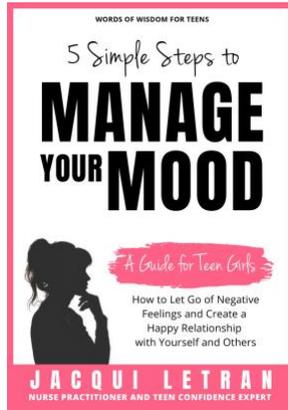
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5 Simple Steps to Manage Your Mood

A Guide for Teen Girls: How to Let Go of Negative Feelings and Create a Happy Relationship with Yourself and Others

Author: Jacqui Letran

About the Book

Are you frustrated because one bad event can ruin your entire day? Do you often replay hurtful or disappointing moments repeatedly, making you feel even worse? It can seem impossible to shake those

negative thoughts and unwanted feelings but holding onto them only robs you of your happiness and keeps you from doing what you really want. You don't have to be a victim of your feelings any longer!

In this book, you will discover how to:

- Understand your feelings and why you feel the way you do
- Discover the three causes of upset feelings and how to avoid them
- Let go of your unwanted emotions
- Create win-win situations, improve your relationships, and 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

