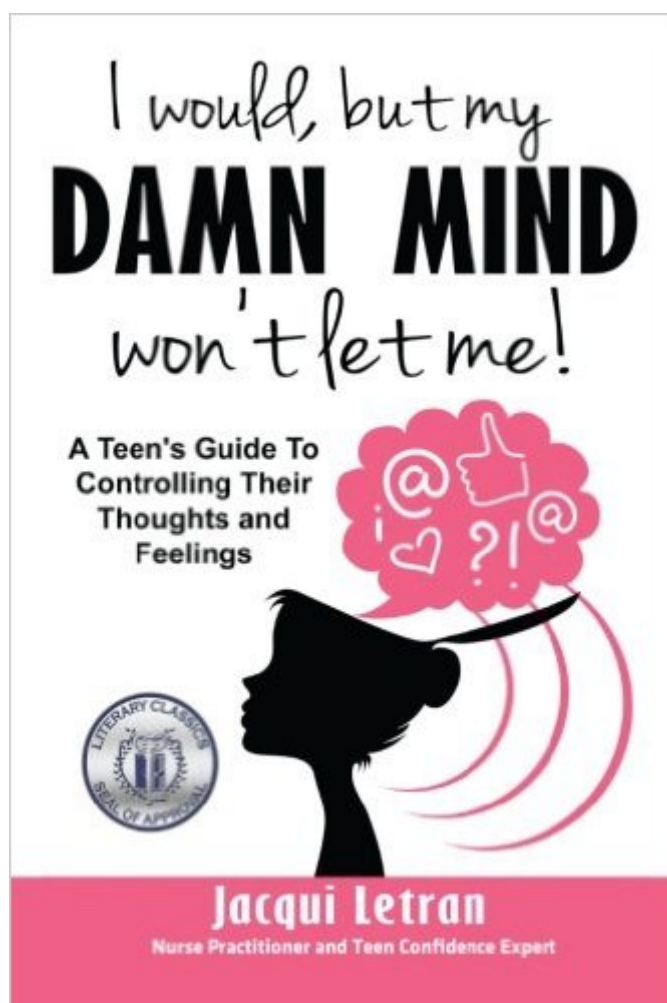


The book was found

I Would, But My DAMN MIND Won't Let Me: A Teen's Guide To Controlling Their Thoughts And Feelings (Words Of Wisdom For Teens) (Volume 2)



Synopsis

Our journey to happiness begins with a belief that happiness is possible. But for many, experiences have shown them that life is unfair and change is difficult... What if there was a way to create permanent changes quickly and easily? In *œl would, but my DAMN MIND won't let me* • author Jacqui Letran, Nurse Practitioner and Teen Confidence Expert, shows teens how to take charge of their mind to overcome obstacles and struggles. In this groundbreaking guide, teens can learn simple yet powerful techniques to challenge their old negative patterns and unleash the power of their mind to create the life they want and deserve.

Book Information

Series: Words of Wisdom for Teens

Paperback: 154 pages

Publisher: CreateSpace Independent Publishing Platform (February 3, 2015)

Language: English

ISBN-10: 1507691467

ISBN-13: 978-1507691465

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #280,553 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Teen Health](#) #59 in [Books > Teens > Social Issues > Being a Teen](#)

Customer Reviews

I read Jacqui's book and within the first few pages I KNEW I needed to get a copy to my daughter, and to say she LOVED it would be an understatement. Here is the testimonial my daughter wrote... "My name is Lily and i'm 12 and a half years old. My mom, Sheena gave me the kindle version of your book and asked me if I'd like to read it. I read it and I think it is amazing. I've never had a major problem with stress or anxiety but it is definitely there. I started grade 7 this year and its a new school, new environment and new troubles that lie ahead. Your book is so great because it is understandable and relatable. You have the first chapters about how all these feeling and emotions are triggered. You write it in a very clear way. You give a different description, an easier way of understanding why it can be hard to change the way you think. It really shows how our Conscious and Unconscious Mind with the guide of our Master Plan, are the ones who create the feelings we experience. I love the last chapters. I love how you show us real problems that girls experience

related to the four sub-categories I'm Not Good Enough, I'm Not Worthy, I'm Not Loved and I'm Not Safe. It shows session by session progress of how well these girls are changing their mind, their actual mind! They are changing beliefs in their Belief System and helping themselves by making them CONFIDENT! I think it is so empowering and hopeful, your book shows issues (due to lack of confidence) can be solved and it's possible. Most importantly it shows us, teen girls, we aren't alone. I'd like to thank you Jacqui for writing this book. I think many people will benefit from the useful knowledge that we learn about ourselves.

[Download to continue reading...](#)

I would, but my DAMN MIND won't let me: A teen's guide to controlling their thoughts and feelings (Words of Wisdom for Teens) (Volume 2) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) DAMN! WHY DID I WRITE THIS BOOK TOO (How to play THE GAME) (DAMN! WHY DID I WRITE THIS BOOK? 2) Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) SAT Vocabulary Words Flashcards: 500 Most Common Words, 600 Words from the Official Study Guide, and 5000 Comprehensive Words for Full Mastery My Real-World Guide for Eosinophilic Esophagitis.: A guide to helping children, parents, and anyone else navigate through the thoughts and feelings associated with Eosinophilic Esophagitis. Words, Words, Words: Choosing the Right Words to Explain Ideas and Express Emotions (The Writing Code Series Book 9) Teen Rights (and Responsibilities): A Guide for All Teens and the Adults in Their Lives The Demotivational Book: Just F*cking Color - Part 2 - The Adult Book of Hidden Swear Words, Curse Words & Demotivational Thoughts! (Adult Books, Swear ... your anger) (Shut the F*ck Up and Color 6) We Won't Pay! We Won't Pay! And Other Works: The Collected Plays of Dario Fo, Volume One (Collected Plays of Dario Fo (Paperback)) We Won't Pay! We Won't Pay! And Other Plays: The Collected Plays of Dario Fo, Volume 1 Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life I Could Tell You But Then You Would Have to Be Destroyed By Me: Emblems from the Pentagon's Black World Teens' Guide to College & Career Planning (Teen's Guide to College and Career Planning) Controlling High Blood Pressure the Natural Way: Don't Let the "Silent Killer" Win Deep Thoughts & Vulgar Quotes: The Book for Adults filled with Dirty Quotes, Deep and Vulgar Thoughts, Profane Proverbs! (Shut the F*ck Up and Color 7) Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood Words That Hurt, Words That Heal: How to Choose Words Wisely and Well 1000

Totally Unfair Words for Scrabble & Words With Friends: Outrageously Legitimate Words to Crush the Enemy in Your Favorite Word Games (Flash Vocabulary Builders) Words, Words, Words: Teaching Vocabulary in Grades 4-12

[Dmca](#)