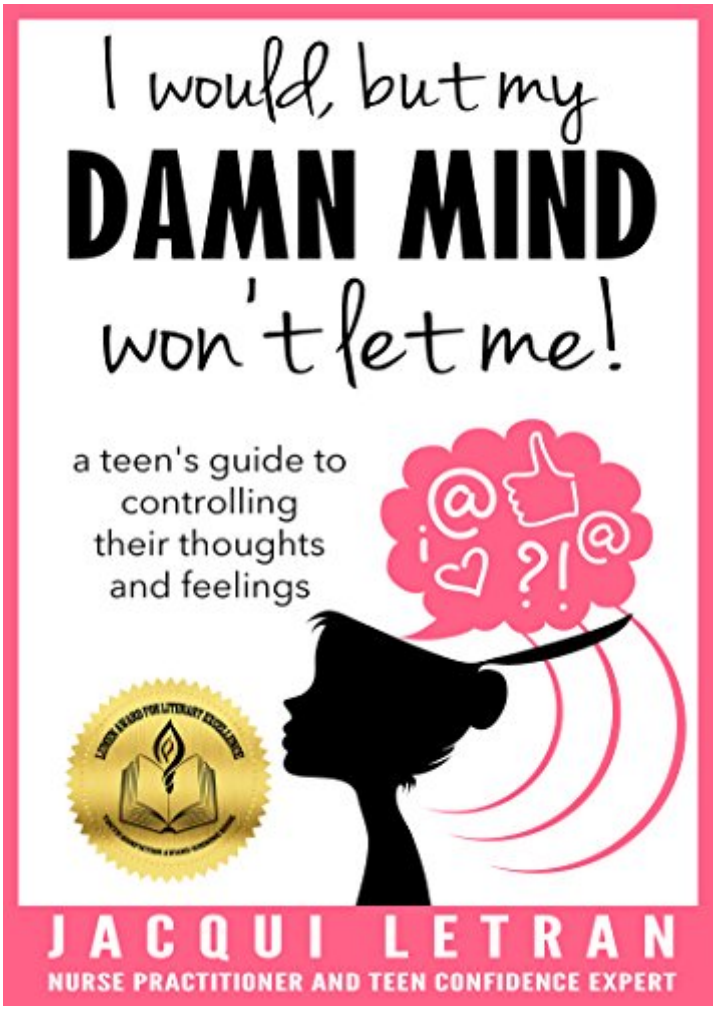
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I Would, But My DAMN MIND Won't Let Me!: A Teen's Guide To Controlling Their Thoughts And Feelings (Words Of Wisdom For Teens Book 2)




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Synopsis

2016 Literary Classics' Lumen Gold Medal Award Winner for Young Adult Non-Fiction 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, youÃ¢â ¬â„¢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!Your past can cause you to believe that making positive improvements requires a miracle. In LetranÃ¢â ¬â„¢s award-winning book, I would, but my DAMN MIND wonÃ¢â ¬â„¢t let me!, you will learn the simple steps to overcome your obstacles and struggles. Once you understand how your mind works, you will have the knowledge and power to take control of your thoughts and feelings. The power to challenge your old negative patterns and create the exact life you want is in your hands. 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 situationsHow to keep unhealthy thoughts at bay and replace them with positive onesHow to use the power of your mind to create the success you deserveHow to create positive life experiences and much, much more! I would, but my DAMN MIND wonÃ¢â ¬â„¢t let me! is a groundbreaking guide to help you take control of your life. If you like real-life advice that works fast and doesnÃ¢â ¬â„¢t talk down to you, then you will love Jacqui LetranÃ¢â ¬â„¢s game-changing book for teens and young adults. This book is recommended for teens, parents of teens, professionals working with teens, and anyone who is interested in learning how to take control of their mind.Get the award-winning book today to give yourself an unfair advantage in life!

Book Information

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Customer Reviews

Easy Reading and to understand. I tried a few of the suggestions presented and was surprised that they worked. For myself as well as for my students. Simple easy to read and to understand. Useful for parents, therapist and spouses. I tried the suggestions presented and achieved the desired results.

This is an excellent book for teens and their parents. It shows how each of us interprets things differently and that we need to be more understanding of each other. I really like the case studies. It helped me to understand where some of my beliefs came from and what I can do about them.

Very informative and simple

I wish this book was around when I was a teen, it is an easy read and even though targeted at teenagers it expanded my mind as an adult in her late 20’s. Jacqui explains the science behind her writing and then transforms it into a metaphor to enable the reader to easily absorb the information. I have experimented with the techniques mentioned in this book and seen great results!

This book is fantastic! It teaches you how to control your thoughts and feelings and be in control of yourself. I was so out of control when it comes to my feelings before. Now I know what to do. Thank you!.

This book is for anyone. You’ll learn a lot about how your mind works and how to be in control! I love knowing that I am the boss of my mind and that I can control my thoughts and feelings.

I love this book. I read the whole thing in a couple of hours and I highlighted so much from it. I would

definitely review them again. There were so many things I didn't know about my mind and myself. Everyone should read this book, not just teens!

I wish I had this when I was a teenager.... I'm so thankful I have it now to prepare me for my soon-to-be teenage daughter =)

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