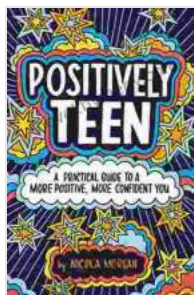


"Practical Guide To More Positive More Confident You" For a Life-Changing Transformation



Positively Teen: A Practical Guide to a More Positive, More Confident You by Rick Clark

★★★★☆ 4.8 out of 5

Language : English
File size : 29153 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages

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Are you ready to unlock the secrets to a more positive, more confident you? Our comprehensive guidebook, "Practical Guide To More Positive More Confident You" is your key to a life-changing transformation.

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- The power of positive thinking and how to harness it to your advantage
- Effective techniques for building unshakeable self-confidence
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With "Practical Guide To More Positive More Confident You", you'll learn how to:

- Identify and challenge negative thoughts
- Develop a positive mindset that supports your goals
- Build strong self-esteem and resilience
- Communicate with confidence and assertiveness
- Handle criticism and setbacks with grace

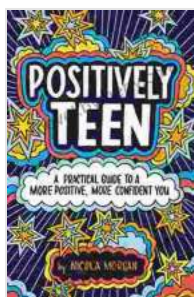
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with exercises, worksheets, and real-life stories that will help you apply the principles to your own life.

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