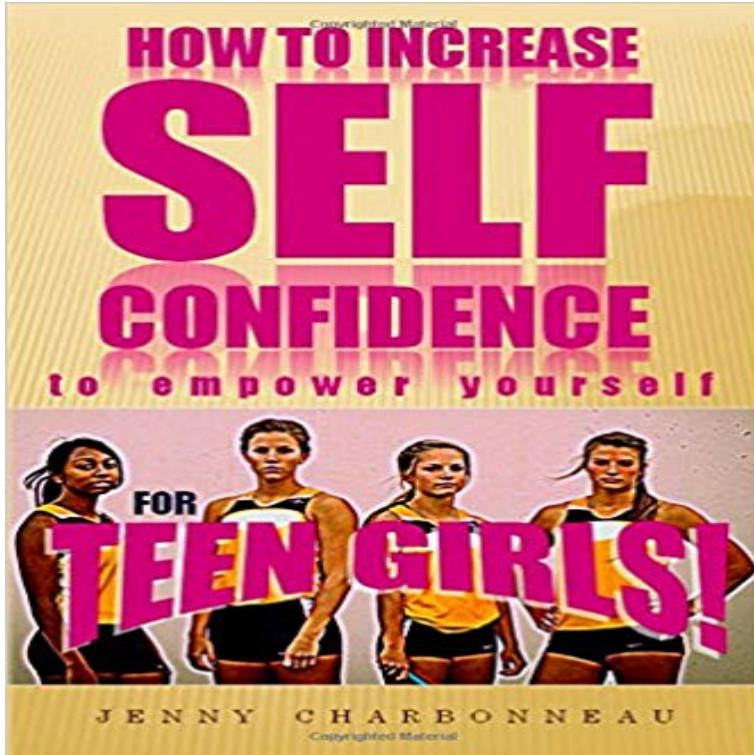


# How to Increase Your Self Confidence to Empower Yourself FOR TEEN GIRLS



Increasing your self-confidence will improve every area of your life. It will also help you achieve your goals and get the results you really want. In this book, Life Coach Jenny helps you work through the following: increasing your self awareness, learning how to be more in control of your life, learning how to deal with difficult situations, handling difficult people, thinking more positively, achieving your goals AND of course, increasing your confidence! It covers every aspect of a teen girls life!

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