



The Wish List: Essential Reading for Any Teenager Who Wants to Win in Every Area of Their Life! (Paperback)

By Lynda Jane Ayres

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Wish List is compassionately written with the hope that any teenager who reads it will find positive strategies for dealing with life's challenges. The book enthusiastically sets the teenager on a journey to reflect on exactly what they want out of life. It covers every area of a teenager's life from thinking about their relationships with family and friends, their health, their education, their social life, and their future. The strategies set out in the Wish List will produce valuable skills that should prove essential for adulthood. It is more than a little book; it is a wise friend to be consulted whenever a challenge presents itself. The journey is one of reflectivity, thinking about setting goals, planning, visualisation and affirmations. An essential book to read for any teenager who wants to win in every area of their life.



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Reviews

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