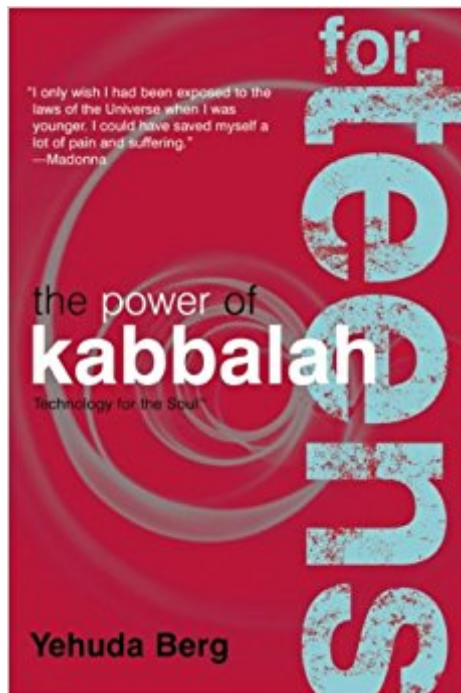




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The Power Of Kabbalah For Teens (Technology For The Soul)



Synopsis

It's not easy being a teen. Peer pressure, academic competition, and raging hormones, combined with the struggle to figure out one's identity and what life is all about, can make these years tough to negotiate. Everything seems crucial, larger than life, and finding the right place to turn to for guidance can be difficult. In *The Power of Kabbalah for Teens*, Yehuda Berg offers 13 practical steps that teens can take to gain control of their lives and realize the happiness they desire and deserve. Each step is carefully explained in clear, non-preachy language and includes an exercise to help apply that step to the reader's own life. Drawing from his extensive experience in counseling parents and children, as well from his own adolescent experiences, Berg offers accessible answers to difficult questions about drugs, alcohol, sex, eating disorders, abuse, family ties, dating, depression, rebellion, and friendship.

Book Information

Series: Technology for the Soul

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