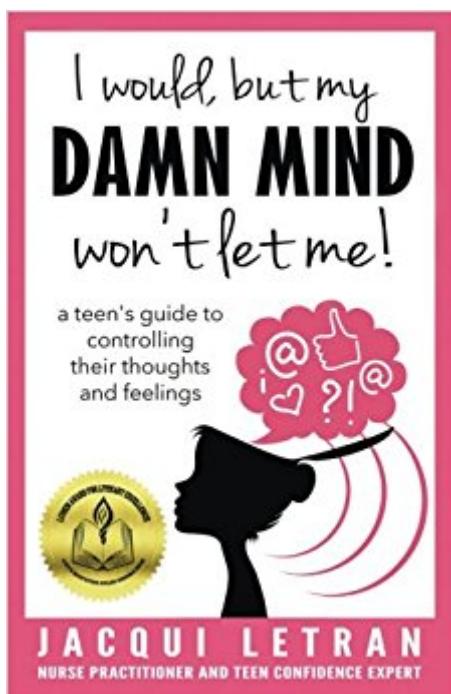


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# I Would, But My DAMN MIND Won't Let Me!: A Teen's Guide To Controlling Their Thoughts And Feelings (Words Of Wisdom For Teens) (Volume 2)



## Synopsis

Literary Classics' 2016 Lumen Award for Best Young-Adult Non-Fiction book of the year, "I would, but my DAMN MIND won't Let Me! is recommended for home, school and public libraries and for use in clinical settings." Do you believe that life is unfair or that change is impossible? Are you unhappy and frustrated with your life? If you answered yes, you'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 Letran's award-winning book, I would, but my DAMN MIND won'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 situations How to keep unhealthy thoughts at bay and replace them with positive ones How to use the power of your mind to create the success you deserve How to create positive life experiences and much, much more! I would, but my DAMN MIND won'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 doesn't talk down to you, then you will love Jacqui Letran'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

Awards from Literary Classics: "Literary Classics is pleased to announce that the book, *I Would, but My Damn Mind Won't Let Me!*, by Jacqui Letran, has been selected to receive the Literary Classics Lumen Award for Literary Excellence in Young Adult Non-Fiction and the Gold Medal Award for Young Adult Non-Fiction. *I Would, but My Damn Mind Won't Let Me!*, by Jacqui Letran, is a book written to help young girls unlock the tools to overcome many of the mental hurdles which frequently present challenges for teens. Letran helps readers understand how the mind can often send confusing (and sometimes detrimental) signals as a means of protecting one's self from pain. The author breaks down the root causes of many mental obstacles which can often seem insurmountable while providing solutions for long-term stability and happiness. While written for a young female audience, this book will appeal to readers of all ages and genders. *I Would, but My Damn Mind Won't Let Me!* is recommended for home, school and public libraries and for use in clinical settings." Award from Readers' Favorite: "Readers' Favorite is proud to announce that "I would, but My DAMN MIND won't let me" by Jacqui Letran is a Gold Medal Winner in the Young Adult - Non-Fiction category in our 2016 International Book Award Contest." 5-Star Reviews: Jacqui Letran's self-help guide for young adults is an engrossing and highly accessible guide for anyone who'd like to understand why they react to stress and stressors the way they do. I was impressed by the way the author introduces the complex and complicated processes that go on in the human mind and especially appreciated how she's adapted her findings and techniques to work with young women. Her case studies were fascinating and clearly demonstrated how depression and other mental health issues can sometimes be resolved without the use of medicines and traditional therapeutic methods. This is a well-written and informative work that is neither condescending nor patronizing of its target audience, and it is highly recommended. Reviewed By Jack Magnus for Readers' Favorite The book connects well with teenagers as it is about their stress and anxiety, and is a useful tool in transforming their thinking power in both the conscious and subconscious mind. This is an excellent read. It helps teenagers make positive changes within themselves and also find some direction in their lives in a good way. This book will help them to identify and fix the problems they face. Reading this book will definitely help

teenagers have some control over their thoughts and lives, and will help them change their beliefs, which in turn will help them change their thought processes. All teenagers should read this book as it is helpful in guiding them to eliminate the baggage they are carrying inside. Â I recommend this book to all teenagers who are experiencing low self-esteem, anxiety, stress, and want to improve themselves.Â The book is not only for teenagers, but is also helpful for adults as well. Reviewed By Mamta Madhavan for Readers' FavoriteThis book is something that everyone should read. Not just teenagers, but all women. While it is geared towards teens and it certainly gets the right message across for teen girls, I think adult women who have not had this kind of self help before could benefit as well. It is well written and you can certainly tell that Jacqui Letran knows what she is talking about and really wants to help young women feel better about themselves.Â I recommend women and girls alike read this book and learn how to make their life better. Â Reviewed By Kathryn Bennett for Readers' Favorite"I would, but my DAMN MIND won't let me!, by Jacqui Letran, is a book written to help young girls unlock the tools to overcome many of the mental hurdles which frequently present challenges for teens. Letran helps readers understand how the mind can often send confusing (and sometimes detrimental) signals as a means of protecting one's-self from pain. The author breaks down the root causes of many mental obstacles which can often seem insurmountable while providing solutions for long-term stability and happiness. Topics such as fear and self-doubt are addressed in a way which is profound in its simplicity. While written for a young female audience, this book will appeal to readers of all ages and genders. I Would, but My Damn Mind Won't Let Me! is recommended for home, school and public libraries and for use in clinical settings." Literary Classic Lumen and Gold Award Winner, 2016Â "Jacqui Letran's self-help guide for young adults is an engrossing and highly accessible guide for anyone who'd like to understand why they react to stress and stressors the way they do. I was impressed by the way the author introduces the complex and complicated processes that go on in the human mind and especially appreciated how she's adapted her findings and techniques to work with young women. Her case studies were fascinating and clearly demonstrated how depression and other mental health issues can sometimes be resolved without the use of medicines and traditional therapeutic methods. This is a well-written and informative work that is neither condescending nor patronizing of its target audience, and it is highly recommended." Readers' Favorite Gold Award Winner, 2016Â "The book connects well with teenagers as it is about their stress and anxiety, and is a useful tool in transforming their thinking power in both the conscious and subconscious mind. This is an excellent read. It helps teenagers make positive changes within themselves and also find some direction in their lives in a good way. This book will help them to identify and fix the problems they face.

Reading this book will definitely help teenagers have some control over their thoughts and lives, and will help them change their beliefs, which in turn will help them change their thought processes. All teenagers should read this book as it is helpful in guiding them to eliminate the baggage they are carrying inside. I recommend this book to all teenagers who are experiencing low self-esteem, anxiety, stress and want to improve themselves. The book is not only for teenagers but is also helpful for adults as well." Mamta Madhavan for Readers' Favorite"This book is something that everyone should read. Not just teenagers, but all women. While it is geared towards teens and it certainly gets the right message across for teen girls, I think adult women who have not had this kind of self-help before could benefit as well. It is well written and you can certainly tell that Jacqui Letran knows what she is talking about and really wants to help young women feel better about themselves. I recommend women and girls alike read this book and learn how to make their life better." Kathryn Bennett for Readers' FavoriteÂ "Every teenage girl needs to read it. You write in such a passionate way about the power of the mind, and your devotion for helping teenagers to be successful and happy in life just shines through the whole book. I will be proud to recommend your book to all my clients and colleagues! Bravo!" Ingrid Christine Abild-Pedersen,

Jacqui Letran is a passionate and energetic leader who is truly gifted at helping teens transform into confident, happy and successful young adults. Jacqui teaches teens that success and happiness are possible, regardless of their current struggles or circumstances.Jacqui is an International Best Selling Author, National Speaker, and Founder of Teen Confidence Academy. She has 17 years of experience in Adolescent Health as a Nurse Practitioner, Success Coach and Teen Confidence Expert. Jacqui is passionate and committed to guiding teens to achieve remarkable success in their academic and personal lives. She is also the winner of:2017 Literary Classics&apos; Gold Medal for Young Adult Self-Help book2016 Literary Classics&apos; Lumen Award and Gold Medal for Young Adult Non-FictionÂ 2016 Readers&apos; Favorite Gold Medal Award for Young Adult Non-FictionWhen not working with teens or writing, you can find her traveling in her RV, hiking with her dog or spoiling her three cats. She now lives in Asheville, North Carolina.

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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