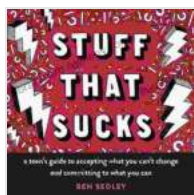


Teen Guide to Accepting What You Can Change and Committing to What You Can't

Are you a teenager who is struggling to deal with the challenges of life? Do you feel like you are constantly being pulled in different directions and don't know what to do? If so, then this book is for you.



Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can (The Instant Help Solutions Series) by Ben Sedley

★★★★☆ 4.5 out of 5

Language	: English
File size	: 8880 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 91 pages



This book will teach you how to accept the things you cannot change and commit to the things you can. It will help you to develop the skills you need to succeed in school, in your career, and in your personal life.

What you will learn in this book:

- How to identify the things you can and cannot change
- How to accept the things you cannot change
- How to commit to the things you can change

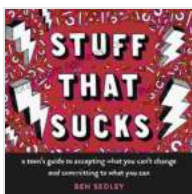
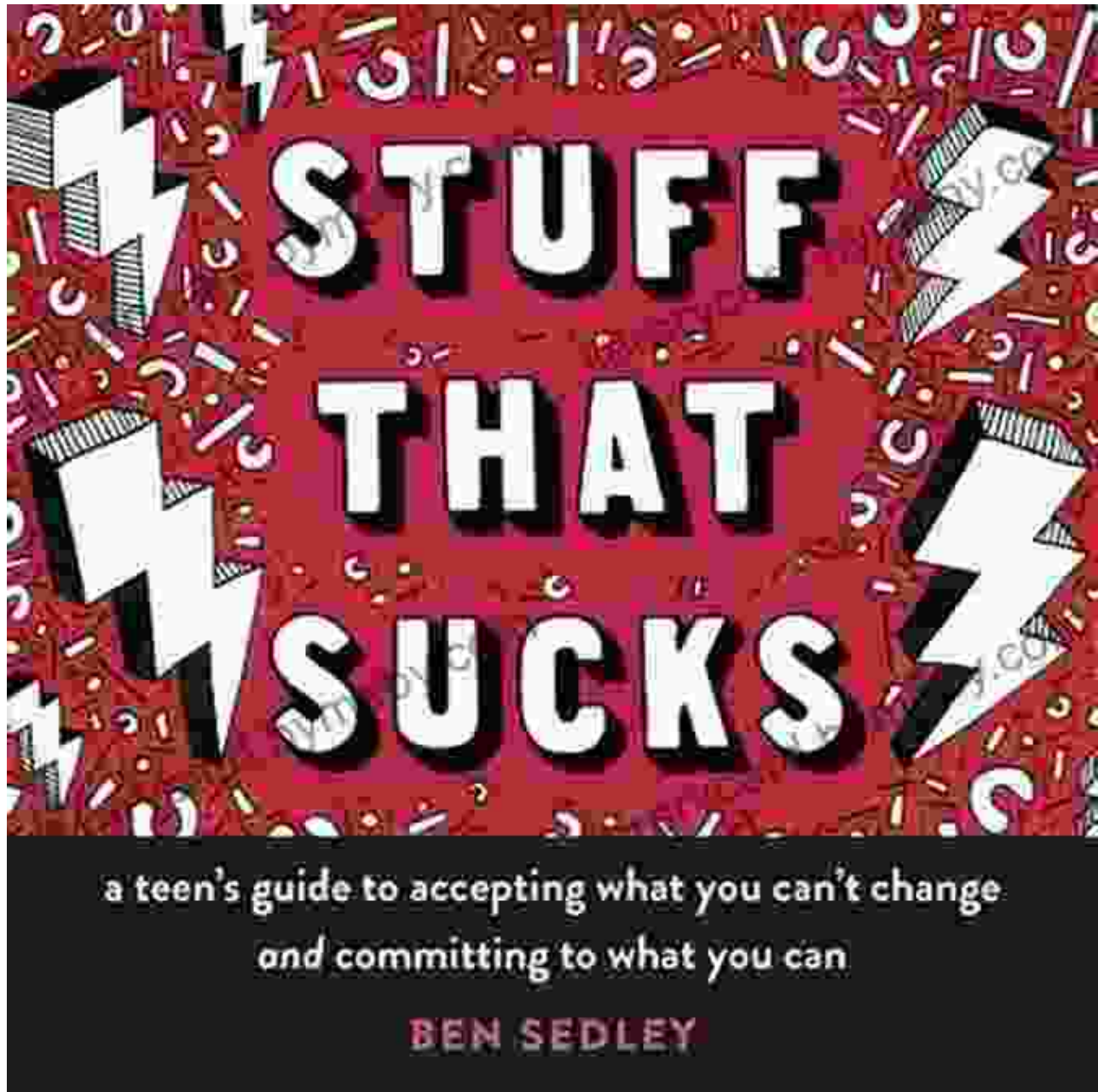
- How to develop the skills you need to succeed

This book is full of practical advice and real-life examples that will help you to apply the principles of acceptance and commitment to your own life.

If you are ready to learn how to deal with the challenges of life and achieve your goals, then read this book.

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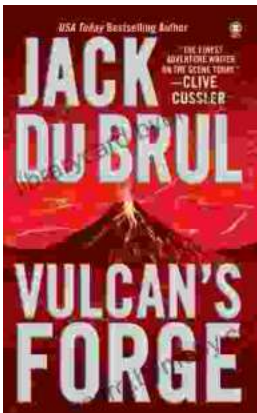
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