



The Ultimate Youth Lifestyle: 7 Steps Any Teenager Can Use to Achieve More Success and Happiness (Paperback)

By Kevin Mincher

Unstoppable Teen Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Every teenager is capable of having a brilliant life. Kevin Mincher a leading teen performance coach, shares the simple strategies he uses to help teenagers improve their self-confidence, motivation, relationships, physical health, school grades, career prospects and life. He shows you: 7 steps you can use to take immediate control of your future; how to use the 6 phases of self-lead improvement to achieve more; the 12 principles of effective goal setting; how to speed up your success and accomplish your dreams; and much more. This book is packed with powerful information for young people of all skills levels. It will help you change your gears and shows you step-by-step how to change the way you think about yourself. This book is suitable for all teenagers.



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