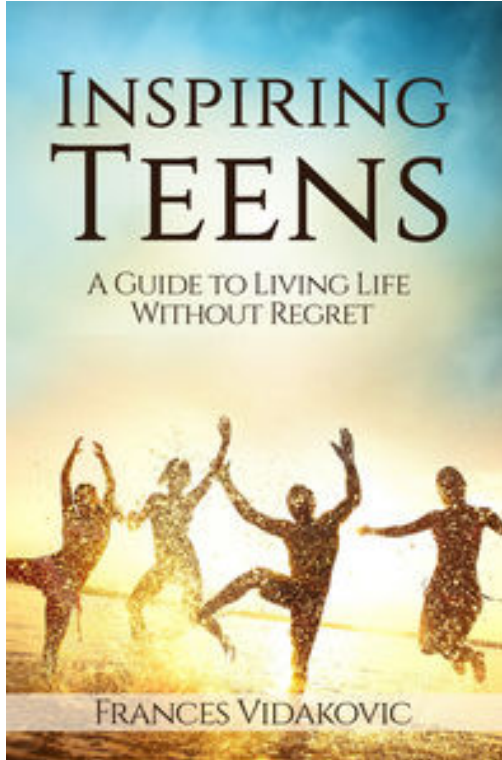


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Here inside this book you will find important lessons that every teen needs to understand about life but that will never be taught alongside Math and English at school.

This book is split into two sections. PART ONE is WHAT I WISH I KNEW AS A TEENAGER. This includes a list of the top fifty things adults wish they knew as a teenager.

PART TWO is WHY IT'S OKAY TO HAVE STRUGGLES IN LIFE. This includes fifty stories of famous people who failed often multiple times before achieving success in life. This section illustrates that NO ONE, absolutely no one, has it easy

in life.

## TOPICS INCLUDE:

RECOGNIZE THAT WHO YOU ARE IN HIGH SCHOOL IS NOT NECESSARILY WHO YOU WILL BE LATER IN LIFE

UNDERSTAND THAT FAILURE DOESN'T MEAN YOU ARE A FAILURE

YOU DON'T NEED TO ALWAYS CONFORM

SAY GOODBYE TO FRENEMIES

DON'T BE IN SUCH A RUSH TO GROW UP

DON'T CARE SO MUCH ABOUT WHAT OTHER PEOPLE THINK

LET GO OF FOMO - THE FEAR OF MISSING OUT

BE ACCOUNTABLE

UNDERSTAND THE POWER OF YOUR THOUGHTS

KNOW YOU ARE NOT STUPID

FIND YOUR INNER WARRIOR

BE BRAVE

TAKE CARE OF YOUR BODY

UNDERSTAND THOSE CRAZY BUTTERFLY FEELINGS IN YOUR STOMACH

LEARN TO LAUGH AT YOURSELF

UNDERSTAND THE DIFFERENCE BETWEEN THE "COOL KIDS" AND THOSE WHO ARE "NOT COOL"

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This book is the ultimate guide to living a life without regret. Remember these important lessons and always hold tight onto hope...because there will be many moments in life when you really need something to hold onto.

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