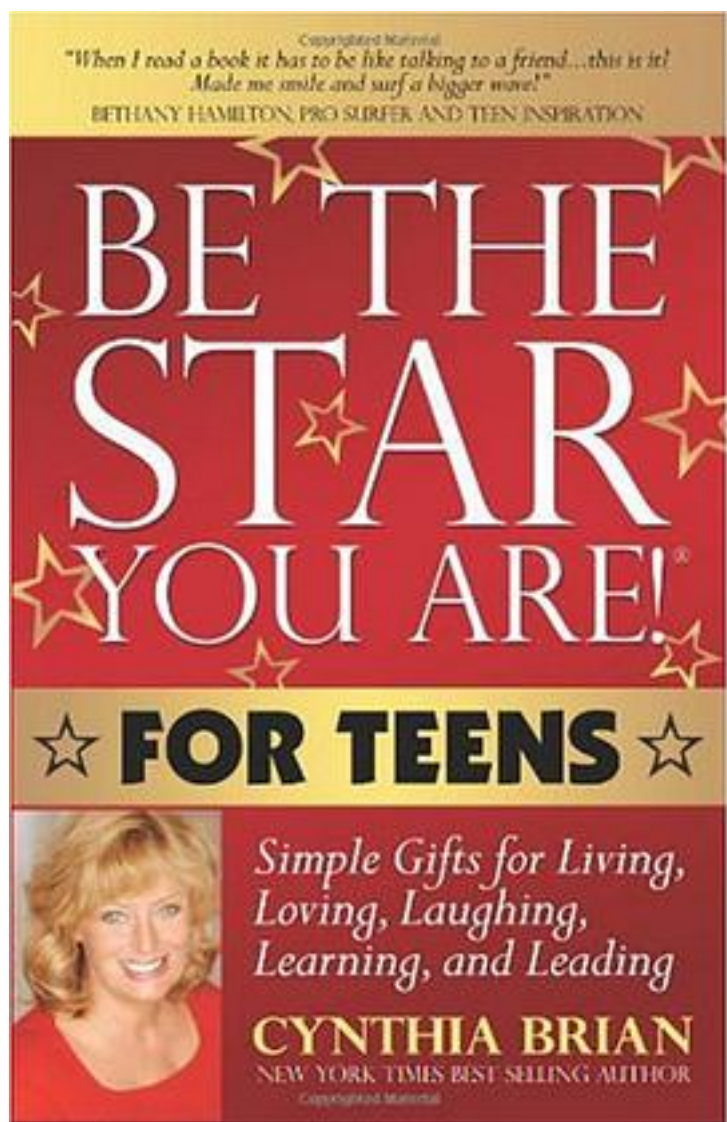


# Be the Star You Are! for Teens



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It's tough being a teen in the 21st century. With so many restrictions, requirements, and reality television obsessed with cultural messages focused on fame, fortune, beauty, and sex, it's no wonder teens feel helpless, hopeless, and stressed out. Well, you are in luck because help is here Be the Star You Are for TEENS is a refreshing escape from sermons and rules. Instead you'll read real life stories with real issue tools. Each easy to read short chapter is jam packed with simple strategies that you can implement immediately to survive and thrive. Written by teens, for teens, and about teens, Be the Star You Are for TEENS encourages you to embrace your individuality, find your passion, and ignite the flame that burns brightly within.

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