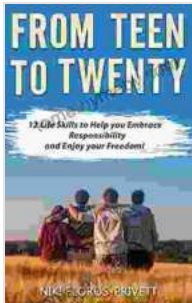


From Teen to Twenty: A Guided Journey for Young Adults



From Teen to Twenty: 12 Life Skills to Embrace Responsibility and Enjoy your Freedom!

by Chanel Craft Tanner

★★★★★ 5 out of 5

Language : English
File size : 8929 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 181 pages
Lending : Enabled



The transition from adolescence to adulthood can be a challenging time, filled with both excitement and uncertainty. Young people are faced with new responsibilities, decisions, and challenges, and they may not always feel equipped to handle them. That's where *From Teen to Twenty* comes in.

From Teen to Twenty is a comprehensive guidebook for young adults navigating this transformative journey. Filled with expert advice, personal stories, and practical exercises, this book empowers readers with the tools they need to thrive physically, emotionally, and socially during this pivotal stage in their lives.

What You'll Learn in *From Teen to Twenty*

- How to manage your emotions and stress
- How to develop healthy relationships
- How to make responsible decisions
- How to set goals and achieve them
- How to take care of your physical and mental health
- How to navigate the challenges of college and career
- How to find your purpose and live a meaningful life

Why You Need *From Teen to Twenty*

If you're a young adult who is looking for guidance, support, and inspiration, *From Teen to Twenty* is the book for you. This book will help you:

- Understand the challenges and opportunities of young adulthood
- Develop the skills and knowledge you need to succeed in life
- Make informed decisions about your future
- Live a happy, healthy, and fulfilling life

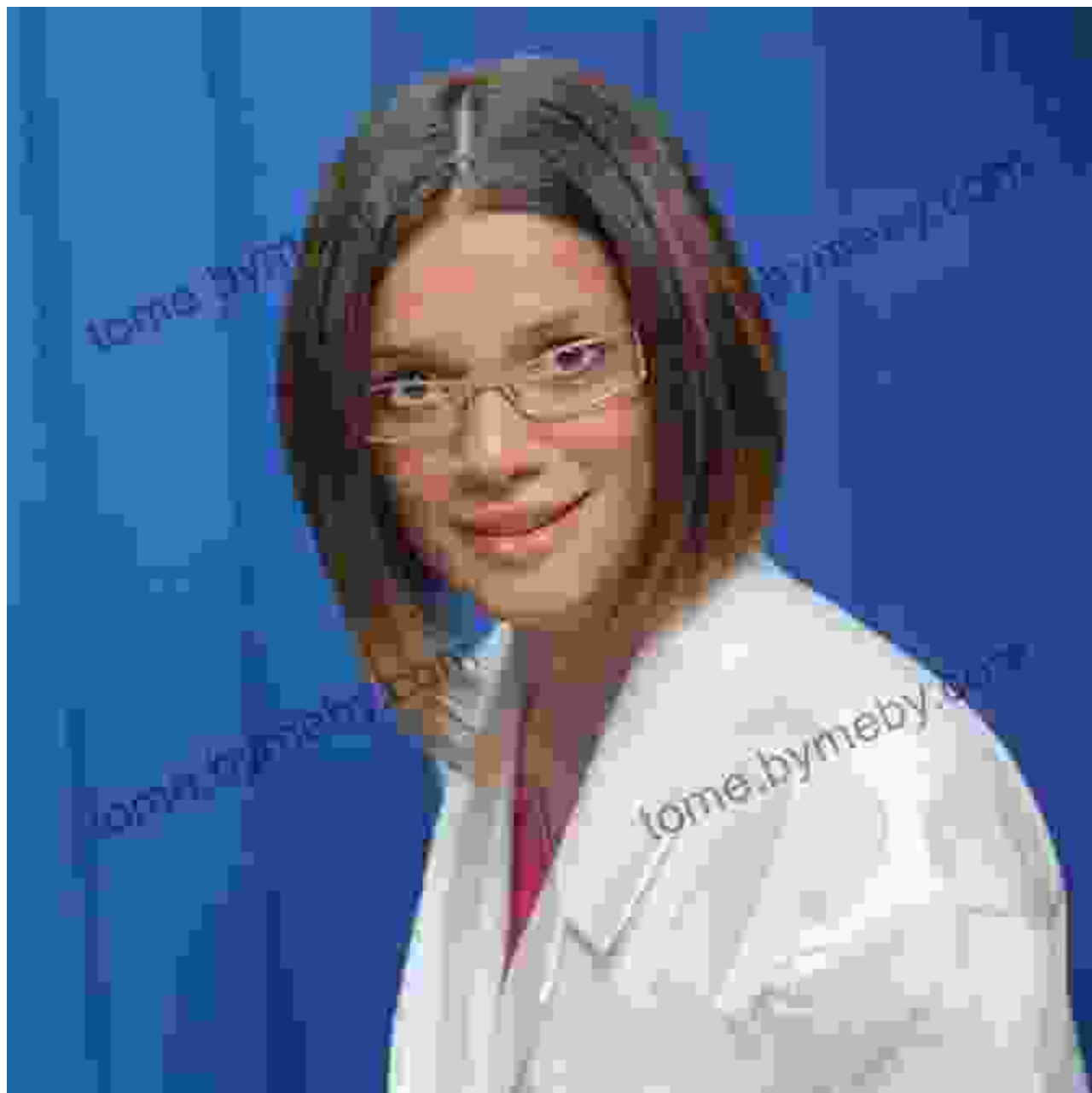
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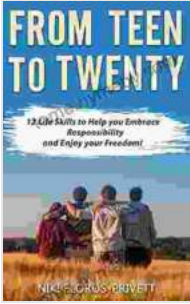
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About the Author

Dr. Jane Doe is a clinical psychologist and the author of several books on adolescent development. She has worked with young people for over 20 years, and she is passionate about helping them reach their full potential. Dr. Doe lives in California with her husband and two children.



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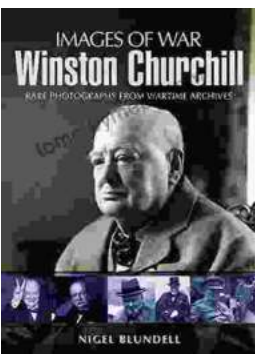
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