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The Art of Being a BRILLIANT TEENAGER

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The Art Of Being A Brilliant Teenager

Andy Cope, Gavin Oattes, Will Hussey



The Art Of Being A Brilliant Teenager:

The Art of Being a Brilliant Teenager Andy Cope, Andy Whittaker, Darrell Woodman, Amy Bradley, 2014-09-25 Calling all teenagers quit the moaning and start loving life Don't be a cliché Don't stay in your bedroom grunting and grumbling How about getting motivated energized and start making a difference The Art of Being A Brilliant Teenager teaches you how to become your very best self and how to figure out who that is exactly The bestselling authors of The Art of Being Brilliant and Be Brilliant Everyday are experts in the art of happiness and positive psychology and with this new book you'll find your way to becoming brilliant at school work and life in general Stay cool under all the pressures you're facing and plot a map for the future that takes you wherever it is you want to go Become proactive determined successful and most importantly happy Fact your life span is about four thousand weeks It seems like a lot but it's not Complaining about life homework parents and relationships may be normal now but don't let it become your defining trait When you're forty years old and still moaning a big chunk of your four thousand weeks have slipped by and you're no closer to happiness than you were as a teen This book is a guide to starting the journey to your ideal life now instead of wasting time being a drip Discover the real you and what you want out of life Stop moaning and get moving now while there's plenty of time Lose your bad habits before they become your personality Figure out how you want to contribute and find a way to do it The bottom line is this it's easy to be the average version of yourself but is that really all you want Don't you want to achieve something Get started now The Art of Being A Brilliant Teenager helps you figure out where you want to go and how to get there So whether you're an ambitious teenager a parent or teacher desperate to turn a down beat teenager into a ray of positivity and delight How to Be a Brilliant Teenager is here to help

The Art of Being A Brilliant Teenager Andy Cope, Amy Bradley, 2023-09-29 The BESTSELLING book on BEING A TEEN now updated into an all new edition In a world where there's a lot of talk about living your best life and being your best self The Art of Being a Brilliant Teenager shows you how The book has a strong academic underpinning its DNA is taken from the author's PhD but is written in a fun and non patronising way The Art of Being a Brilliant Teenager is a book that prepares young people for REAL life addressing modern issues of screen time and social media as well as the teenage perennials of confidence positivity motivation and relationships The book is built on a rock solid foundation of wellbeing and human flourishing but is quirky in tone and entertaining to read Dr Andy Cope's words are brilliantly brought to life by award winning illustrator Amy Bradley The book includes activities and thought provoking questions that encourage the user to interact with the material Reflecting and journalling helps make the messages stick Learn how to Stay upbeat in a fast paced world Be resilient and rise to life's challenges Create strong relationships Tackle anxiety Tap into your values and use them to guide your life Shape your future The book has a deliberately light touch but is not light weight It doesn't dodge the issues In a world of rising anxiety The Art of Being a Brilliant Teenager provides a personal upgrade to world class It shows young people how to let go of bad habits and develop positive traits that will fire up

their future It covers themes of resilience values consumerism purpose and communication in a page turning way The Art of Being a Brilliant Teenager is THE go to book to ease young people into adulthood **The Art of Being A Brilliant Teenager** Andy Cope,Amy Bradley,2024-01-29 The BESTSELLING book on BEING A TEEN now updated into an all new edition In a world where there s a lot of talk about living your best life and being your best self The Art of Being a Brilliant Teenager shows you how The book has a strong academic underpinning its DNA is taken from the author s PhD but is written in a fun and non patronising way The Art of Being a Brilliant Teenager is a book that prepares young people for REAL life addressing modern issues of screen time and social media as well as the teenage perennials of confidence positivity motivation and relationships The book is built on a rock solid foundation of wellbeing and human flourishing but is quirky in tone and entertaining to read Dr Andy Cope s words are brilliantly brought to life by award winning illustrator Amy Bradley The book includes activities and thought provoking questions that encourage the user to interact with the material Reflecting and journalling helps make the messages stick Learn how to Stay upbeat in a fast paced world Be resilient and rise to life s challenges Create strong relationships Tackle anxiety Tap into your values and use them to guide your life Shape your future The book has a deliberately light touch but is not light weight It doesn t dodge the issues In a world of rising anxiety The Art of Being a Brilliant Teenager provides a personal upgrade to world class It shows young people how to let go of bad habits and develop positive traits that will fire up their future It covers themes of resilience values consumerism purpose and communication in a page turning way The Art of Being a Brilliant Teenager is THE go to book to ease young people into adulthood *The Art of Being Brilliant* Andy Cope,Andy Whittaker,2024-04-22 The bestselling book on being brilliant now in an all new edition In a world where there s a lot of talk about living your best life and being your best self The Art of Being Brilliant actually shows you how From an author who is an expert in the science of happiness and positive psychology this book is fun non patronising and grounded in proven principles and practices Since the publication of the first edition this book has filled readers to the brim with happiness positivity wellbeing and most importantly success This new edition has been updated to address modern issues such as screen time social media anxiety resilience and relationships Dr Andy Cope brings the knowhow his writing partner Andy Whittaker provides the humour and award winning illustrator Amy Bradley brings this new edition to life This book is crammed full of good advice instructive case studies inspiring quotes and important questions to make you think about your work relationships and life It shows you that success and happiness aren t about dramatic change they re about finding out what really works for you and doing more of it Gain inspiration through rich illustrations inspiring quotes and a truly fun read Rock up in life as your best self Learn to foster positivity and bring about success in every aspect of your life Find out how academic knowledge from psychology and beyond can propel you forward The Art of Being Brilliant is THE go to book to help you feel brilliant **The Art of Being a Brilliant Middle Leader** Gary Toward,Chris Henley,Andy Cope,2016-03-31 Whether you re already leading or you have it on your radar this book s for you

Don't expect a textbook full of highfalutin theories though this book is rammed full of practical ideas that you can use instantly to help you in your current role or to get the position you want. How do you create a brilliant team? What is needed to establish an awesome ethos? How do you do those difficult personnel things? How do you make an impact? Answers to all of these questions and more are based on the combined 100 plus years of the authors' leadership experience in a wide range of educational settings. You'll find a cornucopia of pick and mix tips, strategies and stuff that really works and will make your leadership brilliant. Leadership doesn't come from formulae or from the latest list of government standards. Neither does it come from the school handbook or a values poster in the staffroom. If you pick up 100 different leadership books you'll find 100 different nuanced definitions. Fundamentally brilliant leadership is inspiring people to go the extra mile. There's a difference between outstanding and brilliant. Brilliant is self-made, inside out, creative and beyond the bounds of any simple description. Brilliance is a calling and brilliant practitioners go well beyond the call of duty. Middle leaders are the backbone of any school. At their best they challenge, manage, plan, develop and inspire colleagues to make learning brilliant for kids. Middle leadership covers a broad spectrum of roles and titles: curriculum leader, pastoral leader, key stage coordinator, subject coordinator, head of department, school leader, head of year, school leadership head of house, head of faculty, subject leader. This book is aimed at anyone in middle leadership regardless of job title, whether long in the tooth, new to leadership or wanting to get into it. Dip into this book and you'll find a wide range of tools, strategies, advice and top tips to help you be your brilliant best. Gary, Chris and Andy cover the myriad of issues facing middle leaders with their customary mix of good humour and solid experience informed advice. Topics covered include starting a new role, whether in a new school or following internal promotion; what your colleagues and the kids will expect of you; identifying personal strengths and areas for further development; shifting your focus from your to-do list to your to-be list; having an impact; building rapport and a team ethos; planting seeds of positivity across the school; tips for holding effective meetings; how to plan improvement which works for your team and meets the expectations of senior leaders; planning, implementing and evaluating change; dealing with negative colleagues; overcoming issues and personnel problems; understanding and owning your thinking; celebrating successes; modelling and sharing best practice; and developing a brilliant team. The Art of Being Brilliant series was a finalist in the 2017 Education Resources Awards in the Educational Book Award category. [The Art of Being a Brilliant Classroom Assistant](#) Gary Toward, Chris Henley, Andy Cope, 2016-02-26. The Art of Being a Brilliant Classroom Assistant is a new addition to the successful Art of Being Brilliant series. There are many different names and acronyms for these amazing classroom practitioners: teaching assistants, TAs, learning support assistants, LSAs, cover supervisors, supply teachers, student mentors, higher level teaching assistants, HLTAs, learning partners; the list goes on. The title doesn't matter but the quality of support, interaction and learning does. Whether you work one-to-one with individual children, support small groups or work with a whole class and whether you work in a primary, secondary or special setting, this book is packed with ideas to enhance your

practice so you can best support children's learning while looking out for your own well being and enjoying your role You can dip in for top tips anecdotes practical strategies and advice on every aspect of the role as well as have a chuckle as you go For example did you know there is a patron saint for just about everything There is even a patron saint of failures Birgitta of Sweden who presumably failed to impress Ofsted on more than one occasion If you scour the list you'll find that every occupation has a nominated guardian looking after their well being That is except one classroom assistants So if there's nobody up there cheering you on you might need to find the resources within yourself and Andy Chris and Gary can help Because let's face it working with youngsters isn't for the fainthearted is it What do you do if you are sworn at How do you engage a reluctant learner What about safeguarding How do you support children with SEND How do you handle a challenging parent How can you develop your career further These topics and a whole raft more are woven into this book which will set you on the road to brilliance It doesn't matter whether it's inspiration or new ideas you want this book has a plethora of both It may challenge your thinking it may persuade you to do something different and above all it will put you in serious danger of being brilliant at what you do There's nothing more important or vital than the education and development of our youngsters the mission of the Art of Being Brilliant series is to help all educators unlock their brilliance The Art of Being Brilliant series was a finalist in the 2017 Education Resources Awards in the Educational Book Award category

The Little Book of Being Brilliant Andy Cope, 2019-04-01 The latest and greatest insights on happiness from around the world The Little Book of Being Brilliant is a greatest hits compilation of the best and the latest information from the science of positive psychology Top selling author Andy Cope exercises his PhD in happiness along with his decades of experience bringing The Art of Being Brilliant to rapt audiences around the world to distill the tips techniques facts and ideas you need to know to achieve sustainable wellbeing and happiness in your own life Andy's keen for you to know that he wants you to enjoy the experience hence his laugh n learn approach Inside you'll find guidance for taking action in the form of activities and challenges that will help you implement the latest empirical evidence on happiness You'll learn why most people are miles away from feeling as great as they could and what to do about it Whether you're motivated to improve your daily life or looking for the insights that will super charge your career or in search of inspiration for your students or your team this little book will set you in motion toward living brilliantly Develop resilience and embrace positivity by setting goals and taking charge of your life Learn once and for all what science says about the connection between money and happiness Overcome road rage and other forms of negativity that are dragging you down in the day to day Internalize the latest positivity wisdom for work sport parenting relationships and more There's absolutely no filler in The Little Book of Being Brilliant and no need to sift through half baked ideas or wisdom that researchers have already overturned For the latest proven techniques on getting happy and achieving success along with the motivation required to put those techniques into practice pick up this energetic and inspiring book today *A Girl's Guide to Being Fearless* Suzie Lavington, Andy

Cope,2021-01-11 THE ULTIMATE SELF CARE BOOK FOR TEENAGE GIRLS Face up to the world with confidence and higher self esteem Growing up has become faster more furious and the pressures more intense Anxiety and panic have reached epidemic proportions A third of teenage girls will suffer from depression Factor in a rise in self harm and eating disorders and the mental health stats become alarming It s time to equip young women with the means to fight back A Girl s Guide to Being Fearless unlocks self esteem confidence wellbeing resilience and offers an antidote to an overwhelming world of altered photos filters and fillers A Girl s Guide helps parents girls and teachers understand that wellbeing is an inside job As an essential book for our time this guide reflects the challenging world facing teens The authors suggest there is little to be gained by asking girls to stop taking selfies or using Instagram filters because these habits are ingrained in teenage culture Instead guidance is provided on how girls can take action to increase their confidence and love the skin they are in Moreover it s about learning to be a class act in person and online Practical exercises and doable ideas to inspire young women Encouragement to eliminate self limiting beliefs Guidance for girls on lifting themselves and others up Tips for showing greater confidence and being excited about the future Suggestions for how to live your best life Keep calm and read A Girl s Guide to Being Fearless a gathering of life s cheat codes all simple do able and hugely entertaining Learn how to show anxiety the door and let in more of the good stuff This book will help you find your Brave Whisper it quietly but it might even change your life

How to Be a Well Being Andy Cope,Sanjeev Sandhu,James Pouliopoulos,2020-06-23 BUSINESS BOOK AWARDS FINALIST 2021 PERSONAL DEVELOPMENT AND WELLBEING Make the Most of Every Single Day Uncertainty instability pressure anxiety and now pandemic pandemonium the world is hell bent on robbing us of our wellbeing It s time to fight back Twenty Two Rules for Life that Just work It s time to ditch the tired old wisdom and take life into your own hands We ve all fallen for the mantra that you only live once but it s a big fat lie The truth is that you get to live really LIVE every single day of your life Based on the wisdom of Positive Psychology How to be a WELL BEING teaches you to Strive toward your true potential Stop wasting time and start achieving Focus on what s truly important Rethink your thinking Find meaning and fulfillment Upgrade to YOU 2 0 It s time to raise your personal bar from mental health to mental WEALTH Memento mori remember death No more messing around No more wasting time A new world calls for new rules It s time to re focus on what s most important and to take massive strides towards your true potential I forget what came before sliced bread but whatever it was this is better than that Mylee from Swindon

Diary of a Brilliant Kid Andy Cope,Gavin Oattes,Will Hussey,2018-11-05 Life the Universe and Awesomeness Diary of a Brilliant Kid is the tweenager s atlas for navigating life This interactive collection of stories quotes theories and yes science guides you through the difficult years between ages 8 and 12 to help you make sense of yourself and the world around you Everything is changing And that s okay It s actually more than okay it s exciting These changes are the opening salvo of your gradual transition into grownup and it s the perfect time to define who you are how you think and how you choose to face the world Is it a lot Yes But this book can

help you sort things out and come out the other side shining The journal format gives away the plot Spoiler Alert the Brilliant Kid is you No matter how you feel no matter what s happening in your head right now you are not broken You are a unique collection of talents and dreams and wants and surprises and you have an entire lifetime ahead of you aren t you curious to discover just how awesome life can be This book takes you inside your own head out into the world and everywhere your dreams may take you Learn how to make the kinds of choices that make you feel alive Conquer the three R s of happiness relationships relationships and relationships Get a handle on today tomorrow and what comes next Bounce back from the tough stuff and discover the seven words that will change your life There s a lot to learn but one lesson is clear never be afraid to shine Stand up stand out and be spectacular whatever that means to you Diary of a Brilliant Kid gives you the map and compass so you can start your own journey today

Ladult Andy Cope,Ollie Cope,2025-09-29 Growing up can be a hazardous journey One minute you re a carefree kid The next you re juggling exams screens relationship dramas weird emotions and the reality of entering the adult world That s where LADULT comes in This isn t just another book it s a survival guide for the wild ride from boy to man Packed with insight science stories and straight up advice it covers the stuff they don t teach you in school You ll learn how to handle pressure boost confidence bounce back from setbacks and build the kind of mindset that keeps you strong no matter what life throws at you LADULT will help teenagers Build great habits Grow in confidence Spend less time glued to screens Upgrade their relationships Strengthen their resilience Fulfil their potential Future proof their life LADULT doesn t shy away from the big stuff It tackles screen time testosterone porn neurodiversity and toxic masculinity head on No fluff No filters Just real talk with a good dose of humour Buckle up This is your route map through adolescence towards becoming the adult you want to be

The Happiness Revolution Andy Cope,Paul McGee,2021-08-02 A new book by two of the biggest powerhouses in positive psychology and personal development Dr Andy Cope and Professor Paul McGee Happiness We chase it we crave it it s so in demand yet so scarce and fleeting But here s the good news In The Happiness Revolution A Manifesto For Living Your Best Life bestselling authors Dr Andy Cope and Professor Paul McGee deliver a page turning self help book of the times for the times As the world wakes up to a new kind of normal The Happiness Revolution challenges readers to sign up to an uprising of wellbeing and to making the most of the privilege of being on this planet The book outlines a 10 point Happiness Manifesto Grounded in the science of human flourishing and the reality of life the principles are simple do able and above all make a difference not only to yourself but to others too Let the fight back to mental wealth start right here Welcome to global domination of the happiness kind Discover How to regain your sanity clarity and wellbeing even when your smartphone kids spouse job and possessions seem to be conspiring to keep you from doing just that Why it can be so hard to maintain a happy outlook when the outside world has never been so fast complex and unpredictable How to be at your best in a world that is doing its worst Happiness is the 1 thing you want for yourself and your family The Happiness Revolution is an indispensable guide for everyone trying to live

their best life and to spread some happiness whilst doing so Rise Up and Be Happy Vive la revolution **Best of the Best**

Isabella Wallace, 2018-02-15 The Best of the Best series brings together for the first time the most influential voices in education in a format that is concise insightful and accessible for teachers Keeping up with the latest and best ideas in education can be a challenge as can putting them into practice but this highly acclaimed series is here to help Each title features a comprehensive collection of brief and accessible contributions from some of the most eminent names in education from around the world In this third volume Wallace and Kirkman explore the core concept of engagement an essential facet of effective learning both for learners and for teachers and share practical realistic cross curricular and cross phase strategies to make the most of these important insights Engagement whether of the teacher or the learners can't be compelled and will always be contingent on the complexities of motivation Indeed it could be argued that it is teacher engagement which is the key to successful learning Such engagement can be facilitated by encouraging professional dialogue between staff or it may be that the school's high expectations alone could encourage in its teachers a sense of professional empowerment But how do we recognise learner engagement and what can we do to encourage it From this compendium of expert voices emerge three important themes that teachers engagement and positive example should be seen as a prerequisite for establishing learner motivation that learners interest needs to be actively engaged whether by meaningful challenge or by tapping into their natural curiosity and that an expectation of appropriate behaviour must precede expectations of engagement In this volume you will find many practical suggestions of ways to apply these ideas both in the classroom and in the staffroom Each contributor has provided a list of further reading so you can dig deeper into the topic and in addition the Teacher Development Trust offer their advice on how to plan effective CPD and responsive changes to practice based on the contributors suggestions Contributions include Sir Tim Brighouse argues that it is teacher engagement specifically their collaborative evaluation dialogue and planning which is the key to successful learning Dr Bill Rogers advocates a non confrontational approach and illustrates how the teacher's verbal communications can be more effective when they are descriptive and assertive rather than imperative and confrontational Vic Goddard suggests that a bottom up staff led approach to CPD can be a more motivating catalyst for teacher engagement than that which is top down and senior leadership team led Sue Cowley urges teachers to be responsive adaptable creative and flexible in the classroom and instead of focusing on what students need to change to take control of their teaching and decide what they need to change about themselves Richard Gerver discusses his passionate belief that teachers and school leaders should trust in their profession and their children more and build a culture that shouts about an assumption of excellence Andy Cope advises that teachers should focus on how they wish to be in order to achieve the energy and empowerment to engage more effectively with their to do list Professor Bill Lucas focuses on the numerous ways that schools can encourage parental engagement in their children's learning Ian Gilbert points out that in order to encourage engaged behaviour we need first to banish

classroom boredom and that the opposite of boring in a learning context should be challenging Professor Susan Wallace focuses on teacher behaviour suggesting that one of the most powerful ways of encouraging engagement is for the teacher to model the desired attitude by presenting themselves as enthusiastic and highly motivated

Parenting Dual Exceptional Children Denise Yates, 2022-03-21 This is the first comprehensive guide for parents of children with Dual and Multiple Exceptionality DME sometimes called Twice Exceptionality or 2E Children with high learning potential may also have conditions such as ASD ADHD dyslexia and dyspraxia having flashes of brilliance in some areas whilst needing additional support in others As a result their abilities may not always be recognised in an educational setting This book takes a strengths based approach towards helping parents recognise and focus on their child s areas of potential to support them towards better attainment and self esteem and build on these abilities while also identifying and addressing areas of difficulty It provides an understanding of the mixed learning profile of DME children explaining why they excel in some areas but not others as well as guidance for parents on working positively with schools and providing their child with the support they need With stories quotes from parents and examples throughout this is an essential guide to helping DME children achieve their full untapped potential

Brill Kid - The Big Number 2 Andy Cope, Gavin Oates, Will Hussey, 2021-12-20 From the bestselling authors of Diary of a Brilliant Kid comes the much anticipated follow up Brill Kid The Big Number 2 Brill Kid The Big Number 2 takes Awesomeness to the next level This book is rock solid personal development with a difference A BIG difference It s aimed at 7 to 11s the exact age when mental habits are created The book picks up where Diary of a Brilliant Kid left off raising the bar from mental health to mental wealth enabling young people to flourish in a world that s hell bent on knocking them sideways It s about happiness and wellbeing It tells you how to shine when the world s a bit dull It s about learning to be your best self and hanging in there when the world s doing its worst It s got oodles of content about self care kindness and confidence It s got facts diagrams stories activities quotes and lots of silliness Brill Kids will learn the following Discover how life is actually all about crisps sandwiches and milk and guess what YOU are the magic ingredient How to upgrade your life from just okay to BRILLIANT Find out why LEGO and LIFE are actually the same thing but spelt different obvs Why kindness really does matter How to train your parents yes YOU A personal letter to all the little big worriers out there fyi there are lots of us Brill Kid The Big Number 2 will inspire kids make them laugh and learn and leave them bouncing with brilliance

The Parents' Guide to Body Dysmorphic Disorder Nicole Schnackenberg, Amita Jassi, Benedetta Monzani, 2020-08-21 The first book offering support for parents and carers of children and young people with Body Dysmorphic Disorder BDD this guidebook explains the condition as well as the impact that it may have in education settings family life and socialisation The guide begins by explaining how and why BDD emerges before moving onto an exploration of how the mental health condition presents itself emotionally psychologically physically and behaviourally It then offers practical advice and guidance for parents and carers on talking to their child about BDD seeking professional treatment

considering medication managing social media use working with schools to build a recovery team and more The Parent's Guide to Body Dysmorphic Disorder is an essential guidebook for parents of children of children and young people with BDD

Tackling Anxiety in Schools Chris Calland,Nicky Hutchinson,2021-08-02 Anxiety is the biggest mental health problem in children and research tells us it's on the rise Modern life creates many challenges and pressures for them and the COVID 19 pandemic has only added to this growing problem Tackling Anxiety in Schools supports all children to get into good habits of recognising their feelings of anxiety and equips them with a repertoire of coping strategies they can use in their day to day lives This book explains how schools can create a safe climate for children and introduces a course of interactive lessons for all ages of primary school and the years beyond It uses evidence based preventative strategies which are suitable for the whole class based on the needs of children at each stage of development The intervention programmes include lively activities resources and courses of lessons which emphasise positivity and are engaging and enjoyable for pupils With over 55 years combined experience teaching and working on mental health issues in schools the authors of this book have focused on providing practical advice and lesson plans that schools can use directly in the classroom Being able to recognise and deal with anxiety is a vital skill for good mental health and will benefit children for life The insightful and structured lessons in Tackling Anxiety in Schools teach children the coping skills they need to develop emotional resilience and thrive *The Strange and Curious Guide to Trauma* Sally Donovan,2022-03-21 Our book about trauma features buzzy bees stuck in your tummy yes and also science and superheroes carrots and lambs lollies and unfortunately for me baboons Join Ordinary Jo some people Courtney Cortisol Amy Amygdala and friends to be guided through the curious world of trauma This fully illustrated guide for children aged 8-12 features an array of quirky characters and facts about trauma woven into a therapeutic story Learn why some carrots grow perfectly straight others wonky and wobbly and why that's ok Find out all the clever ways our strange and curious bodies keep us safe all the time and what the different nutty parts of our brain do for us when we are afraid Discover all this and more to understand your own experiences body and even friends better too And just in case you don't remember it all there is a summary of all the things we have learnt at the end Let knowledge and kindness become your superpower by learning all the strange and curious things about Trauma **The Teenager's Guide to Life, the Universe and Being Awesome** Andy Cope,2019-03-07 You are already the best in the world at being you This book will help you get even better Mental ill health is rife among young people It's in the news daily The current somewhat flawed system is wait until kids crack up and then try to fix them But why wait til you crack up in the first place This book shows you how to think big prepare for your future with confidence and make a dent on the universe The mix of science personal development and humour in this book is fun and easy to read but practical and equally useful to you your parents or your school anyone who wants to understand what it's like to be a teenager or already gets it and wants to get better *The Can-Do Kid's Journal* Sue Atkins,2020-04-21 Packed full of tried and tested activities and strategies that will empower

children aged 7-11 this illustrated journal is perfect for developing resilience confidence and a growth mindset It offers kids a multitude of small changes they can make that will make a big difference in their day to day lives

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The Art Of Being A Brilliant Teenager Introduction

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