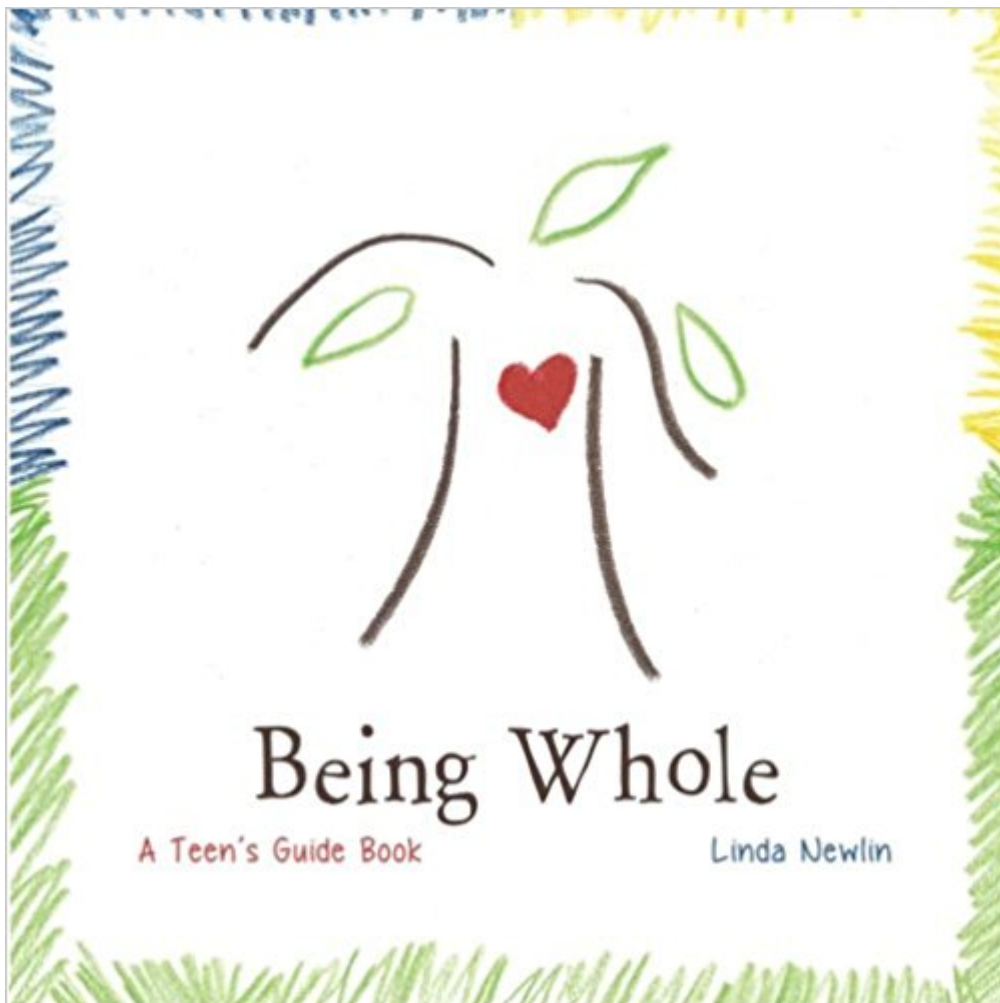


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# Being Whole: A Teen's Guide Book



## Synopsis

A teen's journey of self discovery and learning about essential life skills through this unique guide book of reading, writing, poetry, reflections, songs and exercises that guide them to know their gifts and passions as well as learn how to navigate their life's journey with healthy like skills and practices around validation, self love, forgiveness, compassion, non-violent communication, persistence, resilience, emotional health and boundary setting, visioning, persistence, self-love, authenticity and physical well being. The foundations of this guide book come from Eco-psychology, Neuroscience, Environmental Stewardship, Somatics, Meditation and Mindfulness, Positive Psychology, Non-violent Communication and the Hoffman Quadrinity Process. I visited Emily in St. Louis this weekend and gave her Being Whole: A Teen's Guide Book. She cradled it and touched all the pages like it was a friend that she wanted to spend time with. I just watched her. She loved it - the artwork, the feel of the pages, the words, the type, the questions. All of it. - Mom of a 13 year old "Profound and passionate, this is one of those rare books with the power to touch anyone. Its overarching and healing message is that validating your unique self will allow you to live a life of connection, creativity, wholeness and joy. Thank you for creating this gift for the world." There is a companion validation journal they can purchase to practice beyond their guide book. We envision a world where all people claim their unique gifts and shine their light in the world! Thank you for supporting their wholeness by purchasing this book for all the teens you love or for children who don't have any parents to guide them. A portion of the profits from books, music and journals sold will be given to help teens and children heal from trauma and abuse.

## Book Information

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## Customer Reviews

I gave your book to Emily and she cradled it and touched all the pages like it was a friend that she wanted to spend time with. I just watched her. She loved it - the artwork, the feel of the pages, the words, the type, the questions. All of it. We are selling out each month! People love your books and when they see the cover they want it. Thank you for creating such a beautiful gift to children, teens and adults. Profound and passionate, this is one of those rare books with the power to touch anyone. Thank you for creating this gift for the world. Thank you for giving me the words for my children that I never had as a child. Your book is a gift to us all.

Linda Newlin is a mom, author, speaker, singer/songwriter, coach, teacher, consultant, entrepreneur, Up With People alumnae and artist who dreams of a world where teenagers know who they are and that they are whole, loved, and unique. Her passion is to help all people claim their gifts and shine their unique light in the world. Her first book called The Inner Traveler's Guide Book to MOYO: Discovering the Power of Listening to Your Own Heart is a unique musical journey to support adults in claiming their dreams and authenticity. It addresses many of our false beliefs and resistances to self love and letting go of things that do not serve us in our lives. It includes 16 self loving practices to move beyond the childhood programming that keeps you stuck and unfulfilled, plus the music from her CD Love Your Self. She also has a new Christmas CD out called The Season of Light with all your favorites for the holidays.

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