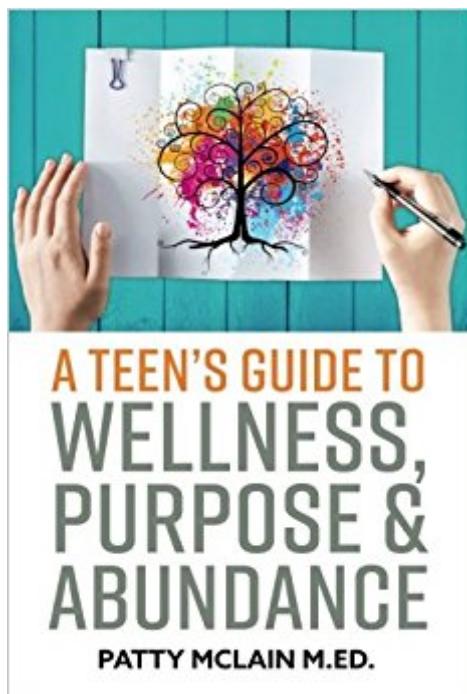


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# A Teen's Guide To Wellness, Purpose And Abundance



## Synopsis

Do you want to feel good and be more confident in the choices you make every day? Are you ready to discover your unique passion and purpose? Do you want to help yourself and others in a really big way? If so, then this is the perfect way for you to explore your thoughts about all of the obstacles and opportunities you face while learning some easy tips and tricks to make things easier along the way. Packed with simple, fun and useful ideas as well as plenty of space for you to share your own insight, this guide will teach you how to develop skills and find resources that will keep you feeling good in mind, body, and spirit so you can dream big and be your best self. Most importantly, it will give you the perspective that you need to understand how much you matter so you can make positive choices and create a better reality. This interactive guide was designed to introduce teens to Young Living and Young Living essential oils as a part of an overall approach to wellness. Leveraging her career working with teens and her passion for natural wellness, Patty McLain has compiled this interactive and easy to read guide for teens to explore their thoughts about the many obstacles and opportunities they face in the globalized 21st century. The ultimate goal is to help them better understand their choices and to encourage them to take positive action.

## Book Information

Paperback: 118 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (April 5, 2017)

Language: English

ISBN-10: 1545128782

ISBN-13: 978-1545128787

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 16 customer reviews

Best Sellers Rank: #606,412 in Books (See Top 100 in Books) #72 in Books > Teens >

Personal Health > Body, Mind & Spirit

## Customer Reviews

Patty McLain is a Young Living Silver leader, certified secondary teacher, speaker, educational consultant, author, and youth wellness advocate. Patty earned her B.A. in English, teaching certificate, and M.S. in Education from Wilkes University. Patty's wellness and empowerment practices are being used in schools around the globe as part of the Everyone Matters campaign where she has served as the School Programming and Student Empowerment Advisor

Patty McLain's Next Book, Empowering Teens with Natural Wellness, will be out later this spring. To inquire about Youth Wellness Coaching, Group Workshops, or speaking engagements, visit [www.thepattymclain.com](http://www.thepattymclain.com).

This book fills such a huge need! Anyone who loves personal development knows that we are super supportive to younger children and pay attention to their development. Then there's a dearth of information once we've entered the workforce on how to 'fix' our habits, make better choices, and get our minds right for success. And there is just not a whole lot in the middle for teens...but what if we could keep a continuum of giving teens the support they need to keep exploring their world with excitement, to keep moving toward their dreams instead of being derailed toward other people's expectations, to make healthy choices as they grow into independent and forward-thinking adults?! This book fills that need and I am so excited to put these tools into the hands of my kids! Many of the concepts are things my husband and I share regularly, BUT it always has more power coming from a third party. I am loving the conversations that emerge from reading this book together, and how empowering it is for teens to get their hands on this kind of outlook early.

Patty McLain addresses her reader audience in a way that makes everyone feel welcome. Even though it's a book that I'm reading I feel like it's a two way conversation! Her humility and honesty allowed me to feel comfortable and motivated to read on. I love essential oils and after reading the first couple of pages I was inspired with so many new ideas for myself and my students. I am excited to share this book with my fellow educators and students because everyone deserves to connect with their purpose.

This is a well crafted book that has a fresh perspective about the challenges and triumphs in front of teens in the modern world. There are a lot of books about adolescent children but this one really has a great angle and you can trust the author's words. I just bought this and while I have not finished it yet, I have enjoyed it thus far. My 11 (going on 15) year old son had also read some of it. He was delighted in the section about social media and felt positive about himself and came over to tell me. I am looking forward to the adult companion guide book that will be a great accompaniment to this fine book. I highly recommend it!

I have always loved sharing wellness, purpose and abundance with adults, but I wasn't sure how to introduce the Young Living lifestyle to younger people in a way that would make sense to them. This

guide covers all of the basics of a wellness lifestyle but it also incorporates social media challenges and other interactive parts that allow teens to explore and draw their own conclusions. I like that it is open-ended because it helps me to have great conversations with my teen without making her think that I'm trying to control her choices.

A Teen's Guide to Wellness, Purpose, and Abundance is an awesome book! The author is a local educator and wellness guru who focuses on teens as part of her practice. This book is filled with a wealth of information and practical ways to connect the theory to practice. I highly recommend this to folks who work with teens. There is something for everyone to take away from this awesome resource!

We ordered this book as soon as we heard about it. My teen daughter devoured the information, filled in every note, and was so excited to share with everyone. The book and the author, Patty McLain, are both excellent resources for teens and those that want to help them excel.

I got two of these books - one for me and one for my 13 year old daughter. We both read it and decided the information was so valuable that we taught a class together based on the book to her friends and their moms. My daughter said it was a 'life changing' book. It is very well written and completely applicable to our teens- giving them some concrete ways to use oils and to feel empowered. Highly recommend!

This book is excellent for all the teens in your life who may be struggling with what direction they want to go in, or have yet to discover what their gifts are! I'm giving one to each of my teens and their friends! Finding their purpose and knowing they're making a difference will do so much for their self confidence! This book is interactive, not just a read-only! It is filled with a treasure of helpful tips on how incorporating essential oils can help support mind, body and spirit!

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