



# #LLF The Movement

*Tamsyn Rose*

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*"I have found the skills I have learned in this book to be the most powerful in helping clients get in touch with their deepest and most intense emotions ...." --Dr. Susan Conway, PhD Psychology*

Life is hard enough when you're a teenager and are finding your way in the world. It's even more difficult if you are struggling with things like depression, lack of focus, stress, anxiety, anger, or a feeling of being lost in the world.

In #LLF The Movement, author Tamsyn Rose presents a step-by-step guide for you as a teenager to navigate your way through life and make a change for the better. She offers powerful teachings that encourage you to achieve your full potential. #LLF The Movement helps you:

- get more of what you want;
- deal with every emotion and make it a strength;
- heal from the past and really move on;
- control your thoughts and beliefs and get them on your side;
- create a life you are excited to live.

Discussing twelve life hacks, #LLF The Movement reveals the strategies for a movement for real and lasting change. It shows you how to master your life, your fears, emotions, and what you think. Rather than being controlled by the ups and downs of life, you can learn to make these work for you. To change the world around you, it must begin with you.

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