



**I would, but my DAMN MIND won't let me!: a
teen's guide to controlling their thoughts and
feelings (Words of Wisdom for Teens Book 2)**

Jacqui Letran

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Do you believe that life is unfair or that change is impossible? Are you unhappy and frustrated with your life? If you answered yes, you're not alone! Teen Confidence Expert, Jacqui Letran, is here to show you a quick and easy path to a happier, healthier life. You can learn to create permanent changes for the better!

Your past can cause you to believe that making positive improvements requires a miracle. In Letran's award-winning book, *I would, but my DAMN MIND won't let me!*, you will learn the simple steps to overcome your obstacles and struggles. Once you understand how your mind works, you will have the knowledge and power to take control of your thoughts and feelings. The power to challenge your old negative patterns and create the exact life you want is in your hands.

In this book, you will discover:

How to challenge old negative beliefs and create positive new patterns

How to stay calm and in control of even the most difficult situations

How to keep unhealthy thoughts at bay and replace them with positive ones

How to use the power of your mind to create the success you deserve

How to create positive life experiences and much, much more!

I would, but my DAMN MIND won't let me! is a groundbreaking guide to help you take control of your life. If you like real-life advice that works fast and doesn't talk down to you, then you will love Jacqui Letran's game-changing book for teens and young adults. This book is recommended for teens, parents of teens, professionals working with teens, and anyone who is interested in learning how to take control of their mind.

Get the award-winning book today to give yourself an unfair advantage in life!

I would, but my DAMN MIND won't let me!: a teen's guide to controlling their thoughts and feelings (Words of Wisdom for Teens Book 2) Details

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Author : Jacqui Letran

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From Reader Review I would, but my DAMN MIND won't let me!: a teen's guide to controlling their thoughts and feelings (Words of Wisdom for Teens Book 2) for online ebook

Janeen Brown says

A book every teen should read (and their parents too)! Ms. Letran does an excellent job of not only explaining how the teen brain functions, but what can be done about the barrage of emotion, self-limiting thought and confusion. She skillfully illustrates simple steps to transition any teen from self-depreciation to confidence, in a way that anyone can understand and immediately implement. I was especially impressed with her case studies, which I felt an instant connection to. Having raised two children, with three younger ones on the way toward puberty, I found this book to be an invaluable resource in helping my family navigate the emotional rollercoaster that is the teen mind. I would highly recommend this book to any teen parent, and most certainly to the teenagers themselves!

Réal Laplaine says

I would, but my DAMN MIND won't let me! by Jacqui Letran, is a brilliant piece of work, a simple, provocative and insightful education on the mind, how it works and how it affects our lives. Don't let the title fool you, this is a serious and well-developed presentation, providing an understanding of the principles of the mind, and how our subconscious mind records our own beliefs, usually formed at a young age, and how these beliefs about ourselves and the world, can come back to haunt us in ways we could never have known. This is not a book just for those who have had traumas or bad experiences in their childhood or teens. As Letran so effectively shows, we all experience things in our lives and those experiences result in decisions, rightly or wrongly, about ourselves and others. Such hidden, but powerful life-changing thoughts, such as, "I am bad," or "Something is wrong with me," or "No one likes me," or "I can never be happy in life," have their roots in events which occurred in our lives, early on, and which the author shows can be brought to the surface and by doing so, put one in a position to change one's entire outlook about life, happiness and success. The book also provides some actual case histories which further illuminate the principles offered in the first part of the book. Not only an excellent read, but a necessary one for anyone who feels they could do with a better grip on their lives, or for that matter, a better understanding of what might be affecting people or family or kids in one's immediate circle. Give this book to your teenager to read – it will help them. Five stars is our rating.

Sean Tompkins says

Well written guide to beginning to understand how to use cognitive therapy to overcome depression, anxiety, and develop good life skills. It's written so that both teens and adults can understand it, and gives very good explanations of both WHAT works and WHY. It's very simple first steps - it's not a complete guide - but explains things so well that I do recommend it for anyone dealing with these types of issues.

Connie Huddleston says

Jacqui Letran markets her books for teens. As I mother, I know from experience that the teen years are difficult for many. As I read Jacqui's book for this review, I also saw how it might help many young adults and even older adults suffering from self doubt and depression. Jacqui's book is much better than many self-help guides in that it provides direct instructions on how to change your thinking. With many teens being reluctant to or unable to obtain counseling, I believe this book can bring about positive changes to their lives. C.M. Huddleston, award-winning author of Greg's First Adventure in Time and host of Monday Morning Indie.

Jeremy Reddig says

Must READ, and it's not just for teens!

When I read "The Unconscious mind always wins", I solidified my connection to this book and the author. She is credible and authoritative, and she truly understands that success comes from within as she has personally helped thousands of teens. My connection with the book started a couple pages in, because it relates to the book I wrote titled #ThePowerfulDay.

I wrote #ThePowerfulDay to share a method for living a healthy way of life on a daily basis.

This book, I would but my damn mind won't let me go deeper into the conscious and unconscious mind and really helps people understand how to use their mind in a technical yet simple way.

The book is filled with plenty of examples that can literally be applied to the reader's lives as they are reading. The book also contains clients' stories and notes that are relatable. For instance, Like Hailey I get super anxious, except my anxiety stems from war.

Another client Steve connected to me, because I also got in an accident. I didn't have a problem driving afterward, instead my problem was drinking. I vowed to stop drinking, because I have a message to share with other veterans with a TBI and PTSD.

To sober up I joined AA and enrolled into an intensive outpatient recovery program. I was told to live one day at a time, but there was no clear way to live one day at a time in a healthy way. This led me on a journey to discover what that meant to me, and now I am living #ThePowerfulDay because my mind will now let me. Our "unconscious mind always wins" but when our conscious and unconscious mind work together we create a win-win situation.

Literary Classics Book Awards & Reviews says

I Would, but My Damn Mind Won't Let Me!, by Jacqui Letran, is a book written to help young girls unlock the tools to overcome many of the mental hurdles which frequently present challenges for teens. Letran helps readers understand how the mind can often send confusing (and sometimes detrimental) signals as a means of protecting one's-self from pain. The author breaks down the root causes of many mental obstacles which can often seem insurmountable while providing solutions for long-term stability and happiness. Topics such

as fear and self-doubt are addressed in a way which is profound in its simplicity.

While written for a young female audience, this book will appeal to readers of all ages and genders. *I Would, but My Damn Mind Won't Let Me!* is highly recommended for home, school and public libraries and for use in clinical settings.

Andie says

Quick read. Good info for anyone wanting to learn to reframe their thoughts. Not as brilliantly groundbreaking as I hoped, but useful.

Gayle Pace says

MY THOUGHTS

Being a teen can be the worse time in their lives, or they think it is. Things are changing so much. Physically, mentally, emotionally, they are being faced with so much pressure. They don't understand what is happening and don't know how to deal with it. They feel that life is so against them along with their parents and everyone around them. They are faced with difficult choices and so much peer pressure. They feel they can't and never will be happy.

Ms. Letran has written an easy to read and understand book how teens, or for that matter, anyone, can learn to face those struggles and come out on top. This book isn't just for teens but adults can gain from reading this also. I'm usually not one for self help books. Seems like everyone is an expert on everything, but Ms. Letran has hit the nail on the head with this one. She shows that old ways of thinking can be changed and it's not so hard to do. She shows that to be happy comes from within a person, not from dependence on others, but purely and simply, yourself. You have to take control of your mind. Now that sounds almost impossible but it can be done. Ms. Letran helps with controlling the bad thoughts and using positive thinking in it's place. I found the book helpful since I have severe anxiety and panic attacks. I know that it's all in the way I approach and think of things. It sometimes isn't as easy to change all of that as it may appear. Changing the bad thoughts and the way you think about things needs to start young. As you grow older, your thinking and attitude sometimes is set through the years and it's harder to change, but it can be done. Everything you hold dear, your entire life, is in the power of your thinking. So if you're an adult or a teen who wants to take control of their thinking, grab a copy of this book and give it a try. You may be surprised.

I received a copy of this book from the author and PUYB and voluntarily decided to review it.

Toni Owen-Blue says

I don't usually like self-help books, I'm one of those obnoxious infuriating types who folds their arms and obstinately goes 'I don't need to be told to slow down and love myself, people bleat that at me all the time. Bah Humbug.' However, I saw this *Damn Mind* book had some great reviews, and I've been trying to open up to more things lately – so since the author was offering a book swap I thought it a perfect opportunity to

try something new, and I'm really glad I did.

If I had a teenage daughter I would advise her to read it, it's well thought out and everything is explained with metaphors so it's more accessible no matter how you think, some of them even made me chuckle and as a visual person I was very grateful for the interjections. The first half of the book just breaks down in very conversational language how the mind works and how we recall things, and exactly where we can interject to try and improve our perspectives.

The second half of the book was dedicated to real stories from real teens (with name's changed I'm assuming) with a short diagnosis on what exactly had happened in terms of the psychology of each case and a tip on at the end for how to alter your perspective of that particular anxiety. There was one case study for each of the main hang ups a teen may have "I'm not Good Enough/Worth/Loved/Safe" and what I liked about each of them is they've clearly been picked for their normality, in one of the cases there wasn't even a trigger for the anxiety – it simply crept up on her. They were really accessible anecdotes, and I think most teens reading them could empathize and understand.

The author also shared her own less than perfect story, which I thought was a lovely touch. The reason I don't usually go in for self-help is I find them preachy, and I didn't think that once while reading this so big thumbs up for that.

The one thing I would say about it is the book is great at explaining, but I could have really done with some more examples of proactive exercises, because I liked the few that were there. I imagined myself being a teen reading this and just sitting there and thinking "Okay, I get it – my mind works this way – what am I supposed to do about it?!". It's also quite short, which is not a detriment to the book, I don't think it would have benefited Damn Mind being any longer than it was – but depending on your perspective you might find the paperback copy a bit expensive for the length. To give you an idea I sat down and read it in a few hours.

While I've not been converted to self-help books this is definitely a book I will pass on and recommend – and not just to the teenage girls it's aimed at, anyone can gain some accessible mindfulness from Damn Mind.

LeAnn says

Fantastic book. The author's style is very easy to read and to the point. I highly recommend this book to anyone who is interested in learning more about themselves and where their thoughts and feelings come from. I would love to see more case studies. Those were really interesting and helps me to understand the book even better.

Anne Rainbow says

As per my review on amazon: I wish I'd read this 50 years ago. My inner child has a lot to learn!

Sally says

Written for teens but very relevant for adults of all ages. This self-help book opens your mind to all the possibilities available to you at your own control. A must-read for parents of teens, or anyone else, with anxiety or self-doubt. Long enough to get the point across, short enough not to overwhelm. Nice work Ms. Letran!

Georgia says

Review can also be found in [Chill and read](#)

Today's teens are heavy working people in terms of anxiety. They have specific standards to follow, figures to fit, friends and followers to impress and satisfy, that it makes sense when they cannot sort out everyday life.

Jacqui Letran comes to bring an answer to their questions on how to make their brain cooperate! Most common question these days is "Why Can't You Just Control Yourself?" and teens are sick and tired of hearing it. It is not that they don't want to, it is that they don't know how! Letran believes that the key to do so, is to learn how the brain functions and through this exercise to learn also how to control it.

The 60-second reader is a good summary of what was previously discussed and analysed. This way the reader can easily keep the key most important points and move on. The real life examples were a nice touch too! Many readers will correlate, one way or another with the stories!

The book targets teens and parents that want their children to be happy, self confident, successful and positive thinking!

Joseph Wolfgram says

Very easy to read, and packed with valuable information that will uplift, educate, and motivate any reader I cannot recommend this book highly enough. Jacqui Letran is a Nurse Practitioner with advanced training in Neuro Linguistic Programming and has many years of hands-on practical experience working with teens to assist them in overcoming many challenges. This teen self help book is written using real-life case studies that will resonate with readers of all ages, but speaks most specifically to teen girls who face real struggles. The knowledge they can gain through this simple, quick read can be life-changing - real lessons that can be applied immediately and used throughout a lifetime! Read it once and benefit right away, but I suggest re-reading it often until these time-proven invaluable teachings become a natural way of living life!

Dee says

I liked it. Quick read, short and easy to read. I liked it because it helped me understand how my own mind works. I like the explanation given about the conscious and unconscious mind. I also liked case studies I can say that I related to each one in some way. I liked the tips she gives at the end of each case. Though she

addresses the problem and makes suggestions on how to improve them I wish they were more tips and things one can do to improve those problems but I guess that would have to be in a different book. Overall is a good book.
