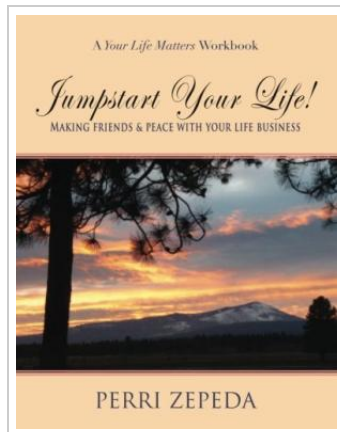



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Jumpstart Your Life! Making Friends and Peace with Your Life Business (Paperback)

By Perri L Zepeda

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Jumpstart Your Life! Making Friends and Peace With Your Life Business is a life skills workbook. It was created primarily for youth leaving home and/or transitioning, or for adults at a crossroads. The four major sections include self-assessments, affirmations, self-management, habits, goals and action plans, organization in the home office/study, resources, and evaluation methods. Each section makes connections to the others. This workbook was designed to go with a semester-long course by the same name, and the author created a PowerPoint Presentation to accompany the discussion. It is meant to be used in a friendly atmosphere to ensure positive morale, encouragement, and empowerment of each individual. Topics covered range from values, self-care, home, family life and relationships, thinking errors and mindfulness, health, school, work, community, resources, handling money, transportation, and housing. There are ample opportunities to explore one's needs and wants and the how-to in each of these life areas. The student will also view life as a business owner, an artist, a student, and a teacher to gain broader and diverse perspectives and clarity. The author shares not only universal...



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Reviews

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