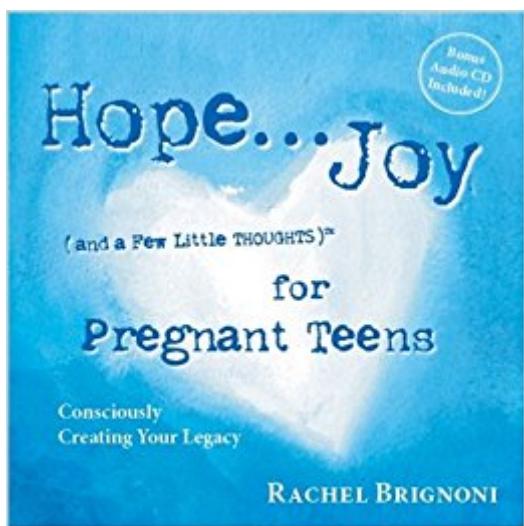


The book was found

Hope... Joy (and A Few Little Thoughts) For Pregnant Teens: Consciously Creating Your Legacy



Synopsis

8 Time Award-Winning Resource for Pregnant and Parenting Teens including a 2009 Recipient of the Prestigious Mom's Choice AwardReviews"Here is your slice of Hope" - Keisha Castle-Hughes, Oscar-nominated Actress and current teen mom"Reading this book can provide the tools and positive advice to give you the strength and encouragement to get you through this trying time. After reading the book, pick it up from time to time. It will help to keep you on the right track." - Beth Hackett, mother of rapper/actor Nick Cannon and former pregnant teen"If this book had existed when I was a pregnant teenager, I might have learned much earlier from Rachel Brignoni what a whole lot of hard knocks hammered into me: It's not what happens to you that matters so much as how you think about it." - Beverly Donofrio, best-selling author of Riding in Cars with Boys and former pregnant teenAbout the BookPregnant teens are often led to believe that they are destined to live a life filled with hardship and despair. This false assumption leads to feelings of hopelessness. Hope . . . Joy (and a Few Little THOUGHTS) for Pregnant Teens, will inspire and empower young women to find their own truth and to recognize that success is still an option, despite the statistics or what others may believe. Rachel Brignoni shares the valuable lessons learned along her journey of struggle from being a pregnant teen to fulfilling her dreams. This book outlines steps for increasing self-awareness, developing self-empowering characteristics, establishing goals, and identifying action steps needed to consciously create your legacy by realizing the power of each thought.

Book Information

Hardcover: 104 pages

Publisher: Secret Key Publishing, LLC; 1st edition (January 30, 2008)

Language: English

ISBN-10: 0979562600

ISBN-13: 978-0979562600

Product Dimensions: 0.5 x 6.2 x 6.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #6,043,057 in Books (See Top 100 in Books) #70 in Books > Teens > Social Issues > Pregnancy #199 in Books > Teens > Personal Health > Sexuality & Pregnancy #453 in Books > Teens > Personal Health > Body, Mind & Spirit

Customer Reviews

Rachel Brignoni became pregnant at the age of seventeen. Overcoming many obstacles while raising her son, she went on to receive her Bachelors of Arts degree in Sociology from the University of Central Florida. She is currently a Human Resources Executive at a Fortune 100 company where she provides counsel on organizational effectiveness and employee-related issues. She is also Vice President of her own company that revitalizes impoverished homes in an effort to provide quality housing within communities. As a Certified Life Strategies Coach her book *Hope . . . Joy (and a Few Little THOUGHTS)* for Pregnant Teens is the first in a series of books dedicated to inspiring parents and young adults to consciously create a life filled with hope and joy.

I've made no secret of the fact that I was a teenage mom, and having a son when I was 17 has colored every aspect of my life. I wish that I had had this book to read 17 years ago. Discovering you are pregnant as a teenager brings feelings of guilt, shame, and like your life is over. But Brignoni, herself a former pregnant teen, brings home to girls everywhere by reminding them that while being pregnant changes things, it isn't the end of their life. She encourages them to change their attitude and look at life with hope for the future, because if they don't have help for themselves, no one else will. She has several different exercises to invite pregnant teens to identify their strengths, weaknesses, and plans for the future, as well as make a map on how to bring those plans to fruition. My only concern about the book is that it has a little bit of *The Secret* type theology to it: send good thoughts out into the universe so they can return to you. Other than that, I really enjoyed reading this book. It's a quick read, but filled with a great deal of hard earned wisdom about not giving up and creating a good life for you and your child. I give the book 4-1/2 stars.

[Download to continue reading...](#)

Hope... Joy (and a Few Little Thoughts) for Pregnant Teens: Consciously Creating Your Legacy
Playing the Matrix: A Program for Living Deliberately and Creating Consciously Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Pregnant & Lush: Sam (Pregnant & Lush Book 1) St. Peter's Basilica and St. Peterâ™s Square in few hours, 2012, Travel Smart and on Budget, explore the most important Vatican monuments in just few hours ... Rodin Travel Guides - Travel Guidebook) Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life Power Thoughts for Teens Cards (Card Decks for Teens) Thoughts of You: A Journal for Teens Coping with Grief (Journal's for Teens) Leadership

and Training for the Fight: A Few Thoughts on Leadership and Training from a Former Special Operations Soldier Drops Like Stars: A Few Thoughts on Creativity and Suffering Subaru Legacy & Forester: Legacy 2000 thru 2009 - Forester 2000 thru 2008 - Includes Legacy Outback and Baja (Haynes Repair Manual) Burn for Me: A Hidden Legacy Novel (Hidden Legacy series, Book 1) (Hidden Legacy Novels) Little Bear Audio CD Collection: Little Bear, Father Bear Comes Home, Little Bear's Friend, Little Bear's Visit, and A Kiss for Little Bear Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) I Ching For Wise Living And Aging: How to consciously find inspiration and purpose in the second half of life Mind of Clear Light: Advice on Living Well and Dying Consciously Consciously Connecting: A Simple Process to Reconnect in a Disconnected World Buddha's Belly - Authentic Flavors From The East: Healthy, Flavorful Buddhist Recipes Cookbook from Nepal , Tibet , Bhutan , Myanmar, Laos , Cambodia. ... Consciously (Buddha's Belly Series 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)