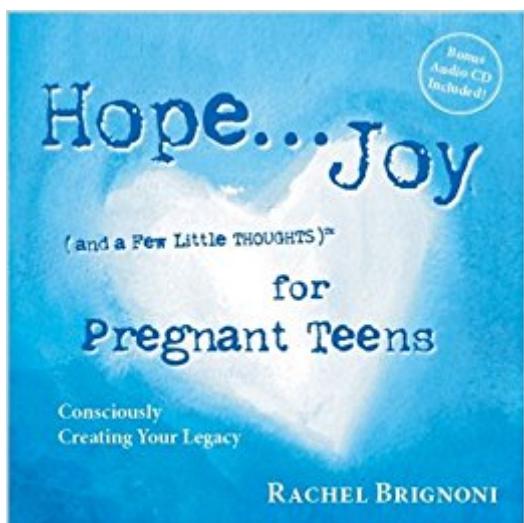


The book was found

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

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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.

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