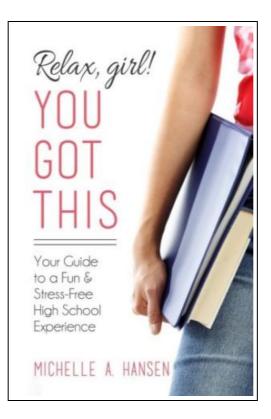
## Relax, Girl! You Got This: Your Guide to a Fun and Stress-Free High School Experience (Paperback)



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## Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book. (Dr. Grady Jacobi DDS)

# RELAX, GIRL! YOU GOT THIS: YOUR GUIDE TO A FUN AND STRESS-FREE HIGH SCHOOL EXPERIENCE (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hey there, Freshman! You ve got your locker assignment, class schedule, and ASB card. This high school thing is getting real. You re stepping into new territory. New school, different friend groups, harder classes, higher expectations. Cue panic attack. But, what if it didn t have to be that way? What if you could rock this high school gig stress free and confident? Now you can. With her straight forward talk and easy to follow advice, Michelle A. Hansen gives you the tools to make the transition into high school painless and fun. You will learn how to release your fears, ditch stress and anxiety, set personal boundaries, and play to your strengths while transforming your goals into a vision for your future. After years of teaching and coaching high school students, Michelle dishes secrets from the other side of the desk, so you can master this high school game before the bell rings on the first day of school.

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