

Complete Idiot's Guide to Spirituality for Teens

William R. Grimbol



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Sometimes life gets confusing, and even the people closest to you-- friends, parents, teachers-- don't seem to understand. The Complete Idiot's Guide to Spirituality for Teens shows you how to really connect with the world around and inside you-- whatever your religious background. Getting in touch with your spiritual side will help you understand yourself and help you get through bad days on your own. In this positive and practical book, you'll learn ways to understand yourself and what you really want, guidelines for being-- and being treated like-- the person you want to be and advice to help smooth out the rough spots.



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