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Level Up Your Teens: A Guide To Hack Your Life



Synopsis

Level Up Your Teens aims to help teenagers smash life and hack the way that they think, in order to focus on getting the most from their time on the planet. It is aimed at teenagers, but it is also for anyone that feels stuck on the sidelines of life and is in need of a motivational kick to help them deal with their fears and anxieties. Written by a father, media lecturer, martial artist, and life coach, this a short, fast paced, easy-to-read call to action. It is laid out as though it is a quest, establishing that you are the hero, and you can answer the call to adventure. It teaches you to armour up, both externally (clothing and anchors) and internally (mindfulness and mind-body connect), and covers how the language we use can be a dangerous spell that we cast on ourselves, and others. The book also highlights the importance of putting together your adventuring squad. Finally there are some suggestions of resources that may aid you on your quest through life. Scattered throughout are film, television, and video game references. The book also draws heavily on the author's own life, to create a fun, engaging, honest, and compelling exploration of ways you can get the best out of life.

Book Information

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Customer Reviews

I absolutely enjoyed reading Darren's take on the challenges and triumphs of teens as they at times struggle to define their identity. I like the concept of levelling up as he related that to playing a video game! I was somewhat spellbound from the very beginning as it gave me a fresh new perspective on the mindset of youth raised in the digital age. As a generational consultant I found his book to be not only stimulating but refreshing and I look forward to his next installment!

https://www..com/Am-Not-Anachronism-Gaining-career/dp/0692822410/ref=sr_1_1?ie=UTF8&qid=1

A quick fun read packed with ideas that can truly "level up" your life. Horne over delivers. Can't wait for the sequel.

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