

- * Being a **TEENAGER** is the most beautiful and precious time of life - as you approach Adulthood, where you will be for the rest of your life.
- * You have much to learn, explore, and compare from your friends around you and on social media.
- * But most of all - you want to feel happy and confident about how you feel and look.



- * You take a lot of notice of what other teens are wearing on social media, maybe not realizing it is only one special outfit that they have bought to impress - and the rest of their clothes could be very drab and boring.
- * You are very conscious of what they are saying - especially any comments about you. They may know very little about you - yet may say things about you that are not very nice. This often means that they are insecure about themselves - and even jealous of how confident and fantastic a person you really are.
- * Are the people wanting to be friends with you, going to stay true and loyal friends - or maybe later turn out to be dishonest and not worth knowing?
- * How safe is it to accept flirtations from the opposite gender - especially if they ask you to send them naked photos of yourself? Remember that anything that goes up on the internet can be grabbed or shared with others and later used to embarrass you.
- * You are at a vulnerable age, with changing Hormones, and your development doesn't actually mature until the late 20's - when hormones and brain development is at its balanced peak.
- * So your thoughts and outlook will dramatically change over the next few years - as you learn more about yourself and the people you meet.
- * **PERCEPTION** is a key factor - of how things seem - but not necessarily how they really are. It is fine to keep up appearances of how you feel and look - but are you really true to yourself.
- * **DEPRESSION** is common even at these teenage years- and can lead to weight gain, feelings of insecurity and not knowing how to cope - when you haven't done anything wrong.
- * **FAKE NEWS** is becoming more comon these days - both from people and advertisers trying to sell you something that is really not what they claim to do. Don't believe everything people say - without taking some effort to verify what they say - if it sounds too good to be true - then it probably isn't.
- * The bottom line is that you are want to feel and look good and be confident about yourself - so keep looking, learning and evaluating everything you come across - but above all be true to yourself - knowing that you are a worthwhile person - and are not going to be pulled down by anyone.

PYRAMID PENDANT PROMOTION

Absorbing Nature's PYRAMID ENERGY - Rejuvenates our MASTER Gland to help Maintain our HEALTH.

