



BOOK SELL SHEET

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Author: Karen Reed
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It's all in how we play the hand we're dealt.

When you look on social media, in magazines, and on TV, does everyone's life seem better than yours? Do they seem prettier, smarter, wealthier, and happier? Do you wish you could be someone else, have a different home, family—a brand-new life? Why didn't you get the winning hand?

The game of life can seem unfair, especially when your cards include heartbreak, poverty, abandonment, depression, being bullied, and trauma. And when you compare your life to others, it creates the perfect storm that leaves deep wounds and scars.

Discover how to turn the odds of everyday life in your favor by reading this exciting compilation of stories you will instantly relate to. Without pretense, *What's in Your Hands* deals with the real issues teens struggle with every day in their homes, schools, churches, social settings, and the deep crevices of their souls.

Understanding the trials of the teenage years, the author reaches out, especially to teenage girls, to impart godly wisdom that will help them avoid destructive decisions, find inner strength, identify deception, know who they are, build self-esteem, and succeed.

You may not be able to switch the deck, but you can surely play and win, regardless of the hand you have been dealt!



KAREN REED is the founder and CEO of Momentum Pathway, LLC. The company provides self-esteem and etiquette coaching to 12- to 18-year old young women and is dedicated to empowering them to be successful and change the world. Karen has a bachelor's in Social Science from the University of Maryland Global Campus and resides in Upper Marlboro, MD.