



# I Am Not Your Average Teen

*Brittany Krystantos Bk*

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# I Am Not Your Average Teen

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## **I Am Not Your Average Teen** Brittany Krystantos Bk

It isn't easy being a teenager. We're told to step outside the box, to be original, to be different. And when we do, we get labelled and made fun of. Nerd. Weird. Loser. Freak. Ugly. Outcast. So what's wrong with that? Nothing! I Am Not Your Average Teen is about celebrating who you are and finding the confidence to stand apart from the crowd. It's about slaying your own demons, fighting depression, and becoming your truest, bravest self. Author Brittany Krystantos has been there. At 18 years old, she has been developing this book since she was 15. She has been both victim and bully, judged and judgmental, popular and outcast, high and low, unhealthy and healthy, weak and strong. Through it all she learned valuable life lessons. She shares them in 11 easy-to-follow Tools that changed her life. I Am Not Your Average Teen is the friend you always wished you had. It's mentor and muse. It's hope and solution. It will show you how, as Brittany did, to find your voice – and celebrate life, exactly as you are.

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