

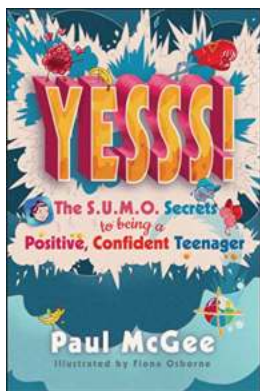
The Sumo Secrets To Being a Positive Confident Teenager



Being a teenager can be tough. It's a phase of life filled with hormonal changes, peer pressure, and self-discovery. Sometimes, it may feel like an uphill battle to maintain a positive and confident mindset.

The Wisdom of Sumo

Sumo wrestling, a traditional Japanese sport, might not be the first thing that comes to mind when thinking about teenage empowerment. However, the principles behind the sport can teach crucial lessons that can help teenagers become positive and confident individuals.



YESSS!: The SUMO Secrets to Being a Positive, Confident Teenager

by Paul McGee ([Print Replica] Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 72430 KB

Print length: 192 pages

Lending : Enabled



1. Respect Yourself and Others

In the world of sumo, respect is paramount. Wrestlers show respect for themselves, their opponents, and the traditions of the sport. By learning to respect yourself and others, you pave the way for positive relationships and strengthen your own self-worth. Treat yourself with kindness and extend the same courtesy to those around you.

2. Embrace Your Body

Sumo wrestlers love and embrace their bodies. They understand that their strength comes from within and accept themselves as they are. Likewise, teenagers should learn to love and appreciate their bodies, regardless of

society's standards. Embrace your unique qualities and focus on building a healthy and strong mindset.

3. Inner Strength and Discipline

Sumo wrestlers possess incredible inner strength and discipline. They dedicate their lives to intense training and constantly strive for self-improvement. As a teenager, cultivating inner strength and discipline can empower you to overcome challenges and achieve your goals. Set clear objectives, create a routine, and challenge yourself daily.

4. Learn from Failure

Sumo wrestlers understand that failure is an essential part of growth. They analyze their defeats, learn from their mistakes, and use them as opportunities for improvement. Teenagers should adopt the same mindset and embrace failure as a stepping stone to success. Instead of letting setbacks discourage you, view them as valuable lessons that will contribute to your personal growth.

5. Find a Supportive Community

Sumo wrestling is deeply rooted in community and mentorship. Wrestlers rely on each other for support and guidance. As a teenager, it's crucial to surround yourself with positive influences who uplift you and help you navigate the challenges of adolescence. Seek out mentors, join groups with shared interests, and build a network of supportive friends.

6. Dedication to Continuous Learning

In sumo, learning never stops. Even the most experienced wrestlers are continuously refining their techniques. As a teenager, embracing a mindset of continuous learning can lead to personal and academic growth. Stay curious,

explore new subjects, and invest time in developing new skills. The more you learn, the more confident you become.

Being Positive and Confident Every Day

The journey to becoming a positive and confident teenager is an ongoing process. By adopting the wisdom of sumo, you can develop the mindset and skills needed to thrive during this transformative phase of life. Remember to respect yourself and others, embrace your body, cultivate inner strength and discipline, learn from failure, find a supportive community, and dedicate yourself to continuous learning. With these secrets in your arsenal, you'll be well on your way to living your life with positivity and confidence.

So, why not begin your journey today and unleash the sumo wrestler within you?



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"Young people now more than ever need the tools and resources to support their mental wellbeing and help fulfil their potential. This book will be invaluable in helping them achieve this."

—DAME KELLY HOLMES

"This is truly a brilliant book! Having worked with young people for over 25 years in both sport and education, this is quite simply a MUST read!"

—DREW POVEY from Channel 4's Educating Greater Manchester

"Paul's wonderful book, crammed with insight, action, humour and hope will help you create a better future, not only for yourself but for all of us."

—RICHARD GERVER, Speaker, author and education expert

"A hugely helpful book for both young people and adults alike. I loved it."

—DR KATE MIDDLETON, Psychologist and director of the Mind & Soul Foundation

Discover how to make the most of being You!

YESSS! The SUMO Secrets to Being a Positive, Confident Teenager uncovers the secrets of overcoming the challenges and also embracing the opportunities of one of life's most difficult stages: the teenage years.

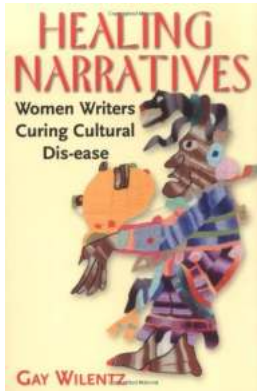
YESSS! is full of vibrant, exciting advice that will motivate and equip readers to overcome the insecurities and confusion that can often characterize our teenage years.

Sunday Times bestselling author and speaker, Paul McGee aka The SUMO Guy, shows teenagers (and the people who both care for and support them) how to harness practical strategies to:

- Take responsibility for their lives
- Own and understand their feelings
- Build a more positive mindset

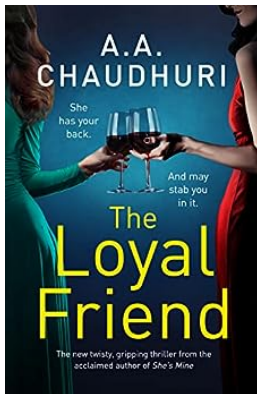
- Develop a healthy image of themselves
- Realize that it's OK to not always feel OK
- Recover from setbacks and develop perseverance
- Aspire, set goals, and dare to dream

Perfect for every teenager and all those involved in supporting them, YESSS! shows young people what it's like to live with confidence, resilience, hope, and happiness.



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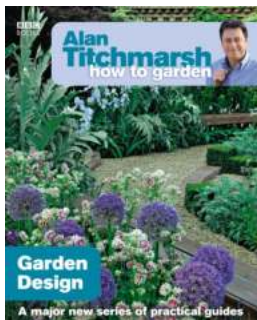
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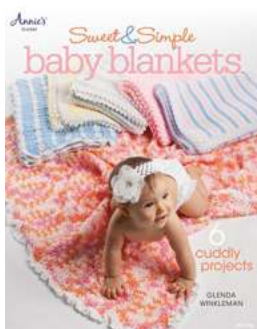
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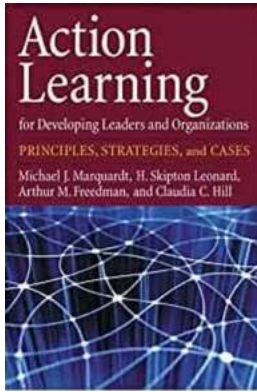
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