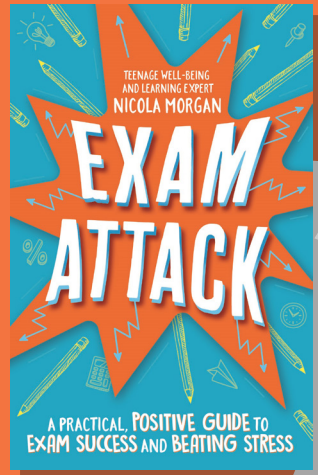


MY EXAM PLEDGE

EXAM ATTACK will show me how to:

1. Build mental and physical health with great choices in food, sleep, exercise and relaxation.
2. Ask for help.
3. Know and use the strongest study and exam techniques.
4. Manage stress levels to help me super-perform.
5. Not compare myself to others but focus on my goals.

Exam Attack: expert, practical advice to reassure, inspire and empower.



The Teenage Brain Woman
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