



# THE SWITCH UP

**LAX Departure Lounge. Two girls board the same flight to London as complete strangers. When the plane touches down, it's the beginning of the craziest plan ever. Can Willa and Alice really swap lives for the summer?**

**THINGS ARE GOING TO GET COMPLICATED...**

Switch up your summer with these confidence hacks!

**MEET ALICE!**

- ✓ Bookworm
- ✓ Allergic to fashion
- ✓ Planner
- ✓ Looks like Willa!

**ALICE'S TIPS:**

**1. WRITE IT DOWN!**

"Write a 'Worry List' and an 'Awesome List.' Include everything you can think of, no matter how small. Getting all your worries out of your head and down on paper will help you think them through and stop obsessing about them!"

**2. DANCE IT OUT**

"When you get too caught up in your head, think about your body instead and have a disco party for one!"

**3. BE PREPARED**

"Big school project you're worried about? Sit down and list everything you need to do, plan when you'll do it, then follow the plan."

**4. TALK TO YOURSELF**

"Speak to yourself the way you'd talk to your best friend — be encouraging, kind, and have faith in yourself. Having compassion with yourself can really help your confidence levels."

**GRAB THE PERFECT SUMMER READ IN TIME FOR THE HOLIDAYS!**

**MEET WILLA!**

- ✓ Drama queen
- ✓ Fashion guru
- ✓ Spontaneous
- ✓ Looks like Alice!

**WILLA'S TIPS:**

**1. DRESS FOR LESS STRESS**

"What we wear influences how we feel. Feeling comfortable and happy in an outfit is so much better than worrying if it looks right!"

**2. GIVE A COMPLIMENT**

"One of the best ways to feel better about yourself is to make someone else feel better too!"

**3. SMILE**

"If you feel like you can't do anything else on this list, try this one. Because when we smile, we

wake up the happy parts of our brains, making us feel better about the world, and about ourselves. Added bonus, smiling is contagious!"

**4. BE YOU**

"Confidence isn't pretending to be someone else, it's feeling at home in yourself, and happy with who you are. Focus on all the things you like about yourself and your life, the things you're great at, the things you aren't but love doing anyway, and try not to worry about what others think."



**THE SWITCH UP IS AVAILABLE FROM BOOKSHOPS AND ONLINE. RPP £7.99.**