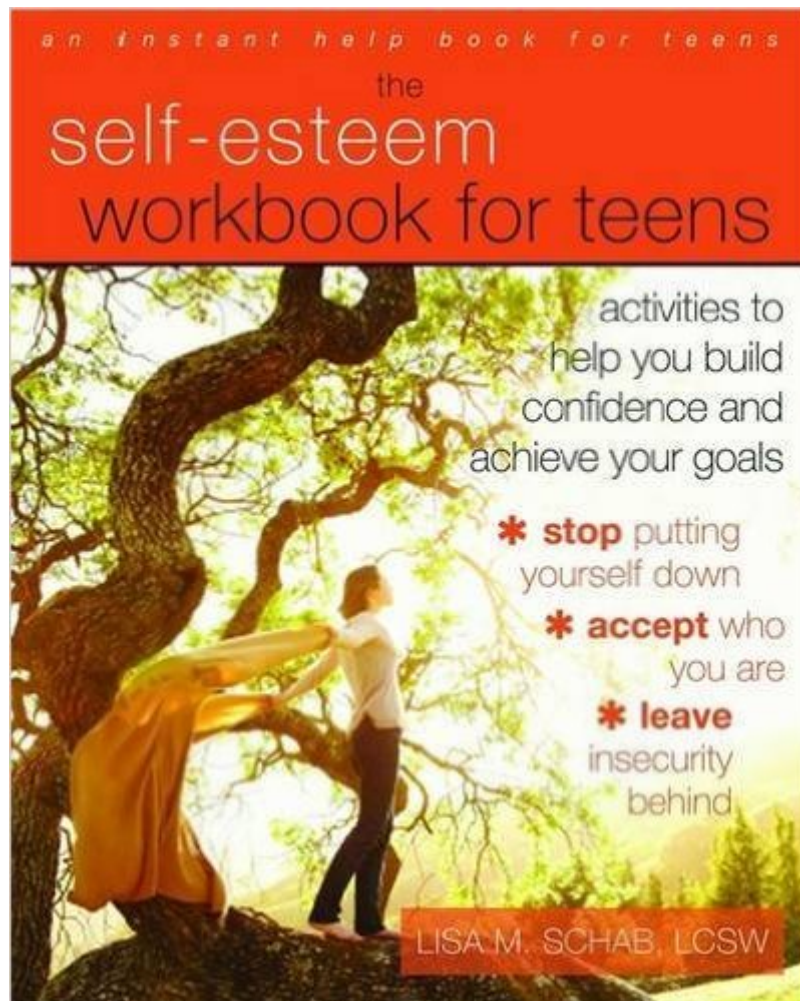


The book was found

The Self-Esteem Workbook For Teens: Activities To Help You Build Confidence And Achieve Your Goals



Synopsis

As a teen, it is incredibly important to have self-confidence, especially when you consider societal pressures about appearance and grades. Just growing up is difficult in and of itself, and in the midst of all this life-related stress, you may not be seeing yourself clearly. In fact, you may be magnifying your weaknesses and minimizing—or even ignoring—your true assets. Psychologists believe that low self-esteem is at the root of many emotional problems. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving of the respect of others. When you have low self-esteem, you put little value on your opinions and ideas, and may find yourself fading into the background of life. Without some measure of self-worth, you cannot accomplish your goals. In *The Self-Esteem Workbook for Teens*, you will learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and you will learn to respect yourself, faults and all. You will also learn the difference between self-esteem and being self-centered, self-absorbed, or selfish. Finally, this book will show you how to distinguish the outer appearance of confidence from the quiet, steady, inner acceptance and humility of true self-esteem. The book also includes practical exercises to help you deal with setbacks and self-doubt, skills for dealing with criticism, and activities that will aid in the development of self-awareness, self-acceptance, and self-worth. With the right amount of self-confidence, you will have the emotional resources you need to reach your goals.

Book Information

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Customer Reviews

Straightforward, simple, and meaningful exercises. Especially useful for a gentle start with a

teenager who might not agree they have problems with confidence, i.e. they are reactive instead of passive...

Great book I would recommend it to parents, workers, anyone that wants to help a teen. I use it for my work with teens. The exercises are doable and effective.

i like the series and have actually purchased other books by this author. as the books are simple and easy to understand, the workbook exercises helped to reinforce the points....recommend this book to anyone as the book contents can also be used for adults as well

My granddaughter who loves to read, just loved this. She has been having problems and she so loved this she even told her councilor about it. I'm so thankful for it helping her that I ordered her two different ones for christmas.

Purchased for my granddaughter, and she has found it very helpful in raising her level of self confidence. Being a teen is hard anyway, but she has had a particularly hard time growing up. She is slowly shedding all the damage, and finding her own path, a much healthier, happier, and more hopeful one.

Great resource for working with teens. It's a supplement to facilitate conversation on self esteem without being therapeutic or personally invasive

Wonderful book for parents and teens. Shipped on time and in great condition. Wonderful experience. Would suggest it to any teen girl you have. My daughter is not quite a teen she is 12 but it was needed and I think is helping.

Simple and easy to use. This book helps my students to build confident fast and help to improve their socialization skills.

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