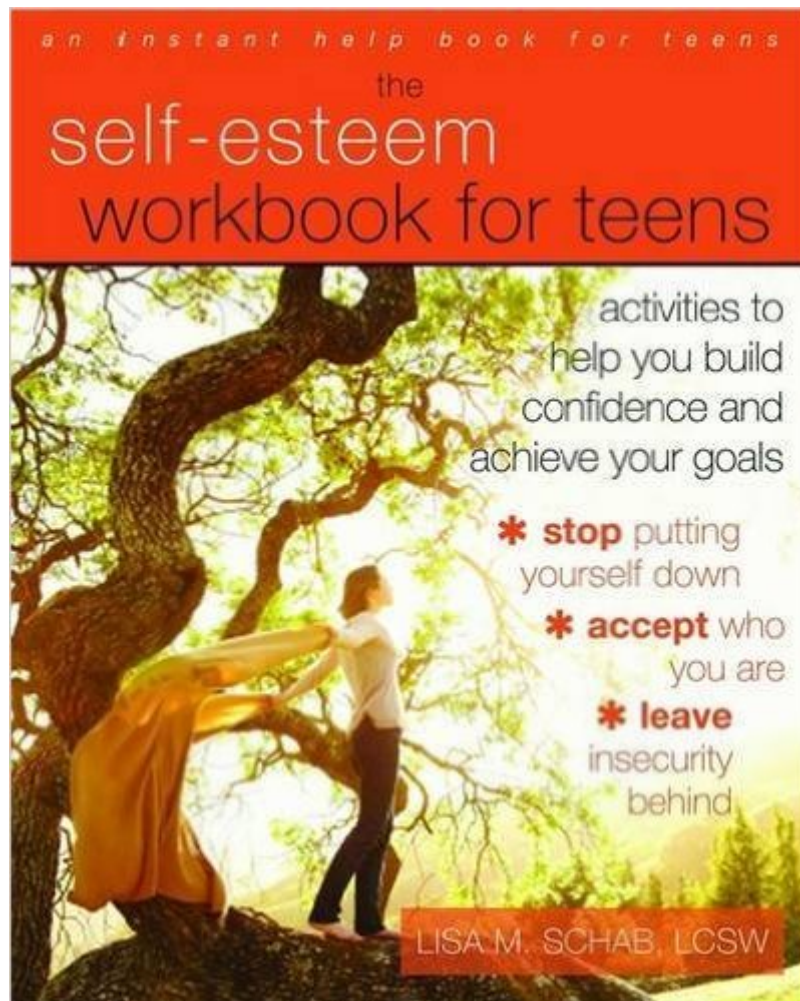


The book was found

# 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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Defeating Doubt (Self Esteem, confidence,doubt) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame Confidence: How to Overcome Your Limiting Beliefs and Achieve Your Goals 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field 201 Fun Senior Activities - Top Senior Activities, Elderly Activities, Dementia Activities, and More! (Fun! for Seniors) Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress and Change Your Life Unstoppable: 10 Powerful Habits To Become Unstoppable, And Develop A Strong Confidence To Finally Destroy Self-Doubt Forever (Achievement, Success, Solve Problems, Reach Your Goals, Relentless) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness

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