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ISBN-13: 9781648480003

For teens, confidence is key! This fully revised and updated edition of The Self-Esteem Workbook for Teens has everything you need to boost self-confidence, improve your social skills, balance social media use, and reach your goals. As a teen, it is incredibly important to have self-confidence, especially when you consider all the societal pressures teens face today, particularly about appearance and grades. Growing up in today's world is difficult, and in the midst of all this life-related stress, it's easy to magnify your own weaknesses and minimize or even ignore your true assets. This workbook can help. In this fully revised and updated second edition of The Self-Esteem Workbook for Teens, you'll 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'll 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. This second edition includes practical exercises to help you deal with body image issues, be more assertive and set boundaries with others, and navigate difficult social situations including bullying, cyberbullying and social media overload. You'll also find activities that promote healthy thinking habits and problem solving; tips for handling criticism, setbacks, and self-doubt; and strategies for developing self-awareness, self-acceptance, and self-worth. With the right amount of self-confidence, you will have the emotional resources you need to succeed and reach your goals. This workbook can help you get started, step by step. In these increasingly challenging times, kids and teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books are easy to use, proven-effective, and recommended by therapists.


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 Difficulté **Moyen**

 Durée **26 heure(s)**

 Catégories **Vêtement & Accessoire**

 Coût **621 USD (\$)**

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