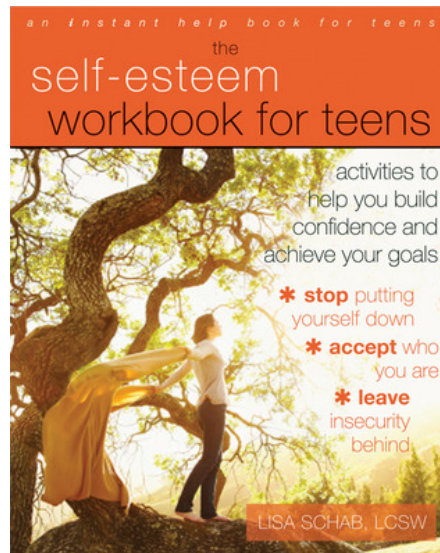




The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals

Lisa M. Schab

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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.

The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals Details

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From Reader Review The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals for online ebook

Eismynname says

Practical, accessible and useful workbook to work on your own self esteem, wether you are a teen or not. I recommend it!

Barbara says

Not as good as the others in this collection

Shawn says

I read through this workbook yesterday. It is awesome and will be great to use with teens I work with and colleagues . This workbook has great scenarios and tasks for teens to do to help build their self esteem I was truly impressed with how this workbook was written and it was real world not not dummied up so to speak. Thanks for this great tool to help our teens, our future!! I wish I had had this book when my kids were younger!

Joviana Mcghee says

I'm understanding who I really am

Angelia Herrin says

It is so very important for your teen to have a good self-esteem. In my opinion this workbook would be the perfect tool to help your teen build their confidence and self-esteem, provided that it is done along with some type of therapy. The workbook will engage and challenge your teen as well as help with self analysis. It also provides scenarios and real life situations to help them develop a lifelong healthy self-esteem.

Bridgett says

Note: I won a copy of this book through First Reads Giveaways.

As a therapist working with adolescents and young adults, I have read many books related to self-esteem. I have also read and used other titles in the "Instant Self Help Book for Teens" series in my work and they have consistently been accessible to a teen audience and easy to incorporate in treatment. In keeping with

others in the series, The Self-Esteem Workbook for Teens did not disappoint. I appreciated the well-rounded approach to developing/maintaining self-esteem, including a brief section on biological influences on mental health, family history, social/cultural pressures and messages, as well as the value of authenticity, assertiveness and accountability. As with other books in the series, The Self-Esteem Workbook includes checklists and illustrations that I think would be relatable and easy to use with teens. Recommended.

Ella says

I won this book in the First Reads giveaway. I was happy to have won this book and it arrived at a very timely moment. My elementary school aged sister was being bullied at school and was crying when the book arrived. She sat with the book and we talked about her not letting bullies get the better of her and to keep being the brave, beautiful and smart girl that she is. This book was great about teaching kids to respect themselves and others.

Tammy Flores says

This was very interesting we did this with my step son and found out several things about him. It opened his eyes to understanding not sharing information with others.
