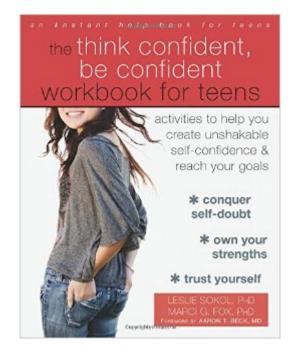
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The Think Confident, Be Confident Workbook For Teens: Activities To Help You Create Unshakable Self-Confidence And Reach Your Goals





Synopsis

Written by two leaders in the field of cognitive behavioral therapy (CBT), this engaging, must-have workbook builds on the success of Think Confident, Be Confident for Teens to provide proven-effective exercises and skills that will empower you to replace your self-doubt with self-confidence so you can be your best.Self-confidence shapes the way you see the world. When you have healthy self-esteem, it helps you move through life and boosts your resilience against stress. On the other hand, negative thinking has negative consequences: low self-esteem and self-doubt can hold you and back and lead to self-sabotage, along with an increased risk of anxiety, depression, and self-destructive behaviors.With The Think Confident, Be Confident Workbook for Teens, two leaders in the field of CBT present the wisdom and guidance of Think Confident, Be Confident for Teens in a fun workbook format. Filled with easy CBT-based activities and tips, this book will help you recognize, rethink, and replace self-doubt, enabling you to transform your negative self-image into a more positive, accurate reflection so you have the confidence to pursue your dreams and find success.How you think affects how you feel and what you do. Now, with this proven-effective skills-based workbook, youâ [™]II be ready to eliminate self-doubt and build sustainable, unshakeable self-confidence and lasting self-esteem.

Book Information

Paperback: 160 pages Publisher: Instant Help; Csm Wkb edition (September 1, 2016) Language: English ISBN-10: 1626254834 ISBN-13: 978-1626254831 Product Dimensions: 7.9 x 0.6 x 9.9 inches Shipping Weight: 14.9 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #67,232 in Books (See Top 100 in Books) #10 in Books > Teens > Social Issues > Bullying #30 in Books > Teens > Personal Health > Self-Esteem #74 in Books > Teens > Education & Reference > Social Science

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