



Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series)

Marci Fox, Leslie Sokol

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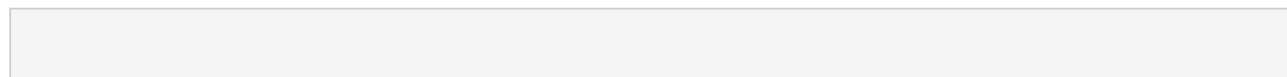
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Confidence is like a magnet that attracts people to you and helps you get closer to reaching your goals. When you believe in yourself, you send the message that you have the brains, ability, and talent to handle whatever life sends your way. And the truth is, you do!

Using powerful skills based in cognitive behavioral therapy (CBT), *Think Confident, Be Confident for Teens* shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide you past feelings of self-doubt and encourage you to believe in yourself, strengthen your friendships, and meet every challenge head-on.

- Recognize and overcome the self-doubting thoughts that bring you down
- Grow your confident thoughts into confident actions
- Enjoy a full social life and attract new friends
- Feel smarter at school and build on your extracurricular talents

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.



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