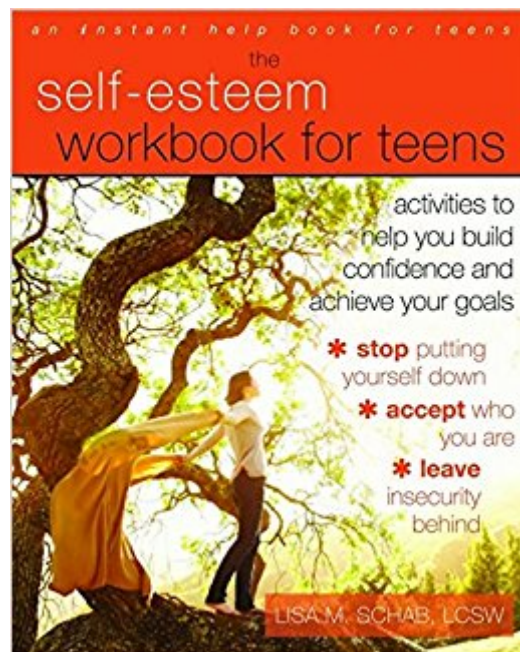




The book was found

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

Paperback: 200 pages

Publisher: Instant Help; Act Csm Wk edition (June 1, 2013)

Language: English

ISBN-10: 1608825825

ISBN-13: 978-1608825820

Product Dimensions: 0.5 x 8 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 118 customer reviews

Best Sellers Rank: #6,118 in Books (See Top 100 in Books) #2 in [Books > Teens > Personal Health > Self-Esteem](#) #2 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#) #10 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology](#)

Customer Reviews

[View larger](#) [View larger](#) Studies have shown that young people who learn healthy coping

skills early on are better able to navigate problems later in life. Engaging and easy-to-use, these books provide kids and teens with the tools they need to thrive—•at home, at school, and on into adulthood. Young people today need mental health resources more than ever. That’s why New Harbinger created Instant Help Books especially for kids and teens. Founded by renowned child psychologist Lawrence Shapiro and written by leading professionals, these evidence-based self-help books and workbooks offer practical tips and strategies for dealing with a variety of mental health issues and life challenges, such as depression, anxiety, bullying, eating disorders, trauma, and self-esteem problems.

[View larger](#) From the Workbook The society you live in can influence the choices you make about how you think, feel, and act. You may act in certain ways to feel like part of your society, or you may act in certain ways that help you feel separate from it. Some of these behaviors might come from your authentic self; some might not. Part of growing into your own identity requires exploring and discovering your own authentic ideas and ideals, your own beliefs and values. Healthy self-esteem includes having the strength and confidence to stay true to them, as long as they are safe, whether or not they go along with society’s ideas.

“This is a brilliant, inspiring book that teaches and guides teens to navigate their inner world, as well as the world they live in. In a masterful piece, Schab has encompassed all aspects of teenagers’ experience: body, mind, spirit, and relationships. The workbook format offers results-oriented lessons for a lifetime of healthy self-esteem. I highly recommend this book to anyone who has a teenager or has ever been one.”—Susan Schwass, LCSW, private practitioner working with teens and their families for thirty-five years “The Self-Esteem Workbook for Teens actively engages students in a gentle self-exploration of the ways both internal and external factors influence their self-perceptions and well-being. The workbook is set up with a logical flow that provides information, engages the student in thoughtful self-analysis, and offers reflection on one’s individual strengths and positive attributes. Additionally, the workbook guides students in changing behaviors and thought processes detrimental to their well-being. The scenarios in the book provide relatable, real-life situations of which the adolescent can easily make sense.”—Wendy Merryman, PhD, counselor in the Central Dauphin School District, working to promote positive personal, social, emotional, and academic growth of students in individual, small-group, and classroom settings “This book offers teenagers empathetic, honest, and clear ways to challenge self-esteem and build self-insight. It touches on everything from

society's external, often overbearing mixed messages, which teenagers encounter daily, to deep, personal internal conflicts and family dynamics. The numerous, unique activities offer teens a safe and positive space to change their thoughts and actions, ultimately helping them to have more successful relationships and high school careers.

•Nicole Brown, MAAT, LPC, CYI, The Child, Adolescent, and Family Recovery Center and the Child, Adolescent, and Family Development Center

•Lisa Schab's workbook on self-esteem for teens is replete with commonsense exercises and instructions that are all informed by current research and developmental theory. Each of the 'Know This' prefaces illustrate Schab's practical wisdom and advanced clinical skills as a psychotherapist and professional whose knowledge-sets span the emotions, minds, and behaviors of both teens and their families.

•Randolph Lucente, PhD, professor of adolescent psychology at Loyola University Chicago's School of Social Work

•The Self-Esteem Workbook for Teens provides a comprehensive, usable format of step-by-step progression toward a healthy self-concept, the foundation of effective learning.

• Lisa Schab has developed a program designed to encourage self-reflection, self-awareness, perseverance, and the importance of taking action to improve the situation.

• Throughout, teens are counseled to pay attention to and act upon the urgings of the authentic self; an incredibly valuable life skill. The workbook could easily be used by either individuals or groups.

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•Nancy Hanrahan, MA, NCC, school counselor at St. Joseph School, Libertyville, IL

• Adolescence is often a bewildering time when self-esteem gets battered. Teens regularly second-guess themselves and worry about their self-worth, leading them to engage in self-destructive behaviors. This workbook gives readers practical, creative, and empowering tools to not only explore their identity but build self-confidence and make smart, healthy decisions. It also helps teens become critical consumers, discover their passions, navigate peer pressure, and become more compassionate toward themselves and others. It's truly a must-read for any teen!

•Margarita Tartakovsky, MS, associate editor at psychcentral.com

•This workbook encompasses all aspects of a teen's journey to a higher self-esteem.

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•Tracey Engdahl, juvenile corrections counselor

Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the greater Chicago area. She has authored fourteen self-help books and workbooks for children, teens, and adults, including *The Anxiety Workbook for Teens* and *Beyond the Blues*. Schab teaches self-help workshops for the general public and training seminars for professionals, and is a member of the National Association of Social Workers (NASW) and the National Association of Anorexia

Nervosa and Associated Disorders (ANAD). You can find out more about Schab at lisamschabooks.com.

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...

My teens didn't care much for the activities. I used it more as a model (DAP wording) for psychoeducation purposes.

I work with psychiatric adolescents and have used this book in a group setting. Some like the work sheets and some have found this very difficult in that they have very low to no self-esteem. This workbook makes them think hard about themselves

These books are perfect for a novice therapist like me! It provides the structure I need and it puts information in simple words. I constantly use the worksheets for my clients. Some are a bit on the corny side, but I'll take what I can get.

Great resource for working with teens. It's a supplement to facilitate conversation on self esteem without being therapeutic or personally invasive

Great book for intended purpose. As I work with teens with lower literacy levels, it is difficult having to constantly reduce the information/exercises/worksheets to suit.

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

Excellent resource in my therapy practice with adolescent girls and women

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve

Your Goals 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) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) 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) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Self Love: Raising Your Self-Confidence & Self-Esteem The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence CÃfÂ mo Construir la Autodisciplina [How to Build Self-Discipline]: Resiste Tentaciones y Alcanza Tus Metas a Largo Plazo [Resist Temptations and Achieve Your Long-Term Goals] Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7)

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