



The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals

Leslie Sokol, Marci G Fox

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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, you'll be ready to eliminate self-doubt and build sustainable, unshakeable self-confidence and lasting self-esteem.

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Florence Booth:

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John Olive:

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Elois Montgomery:

The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals can be one of your beginner books that are good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial imagining.

Donald Goodman:

As a college student exactly feel bored to help reading. If their teacher questioned them to go to the library as well as to make summary for some reserve, they are complained. Just minor students that has reading's internal or real their leisure activity. They just do what the educator want, like asked to go to the library. They go to there but nothing reading very seriously. Any students feel that examining is not important,

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