



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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Maritza Berry:

Often the book The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals has a lot details on it. So when you read this book you can get a lot of benefit. The book was written by the very famous author. Tom makes some research just before write this book. This particular book very easy to read you can obtain the point easily after perusing this book.

Carlos Lauzon:

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 nice books that are good idea. We recommend that straight away because this book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into delight 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 level, giving the reader the hottest and based confirm resource data that maybe you can be considered one of it. This great information can certainly drawn you into brand new stage of crucial pondering.

Jeffrey Cooks:

What is your hobby? Have you heard that question when you got learners? We believe that that concern was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. And you know that little person just like reading or as reading become their hobby. You have to know that reading is very important and also book as to be the point. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You get good news or update in relation to something by book.

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