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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, you'll 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)

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