



Self-Esteem for Teens: Six Principles for Creating the Life You Want (The Instant Help Solutions Series)

Lisa M. Schab

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Start feeling good about yourself! In *Self-Esteem for Teens*, best-selling author Lisa Schab offers six core principles to build a healthy, positive view of yourself as you face all the challenges of teen life.

How you feel about yourself affects every aspect of your life. When you have healthy self-esteem, you'll approach people, situations, and feelings with confidence. You'll have an easier time making friends, excelling in school, and interviewing for jobs. You'll be able to see yourself more clearly—celebrating your strengths and accepting your weaknesses. And finally, you'll be better able to accomplish any goal you set. This book can teach you how.

Self-Esteem for Teens will show you how you are in control of your own self-esteem. When you truly believe in your own worth, discovering and developing your authentic self gives you the power to feel good and succeed in any area of life. You can learn to turn any life situation into a positive one and see mistakes and hurdles as opportunities and challenges. You can develop inner strength and peace. And you can make choices in your thoughts and actions that lead to positive outcomes with friends, family, dating, school, jobs, and activities.

So, stop being unkind to yourself! Start cultivating a deep and abiding belief in your own self-worth. You can create the life you want! The principles in this book will show you how.

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