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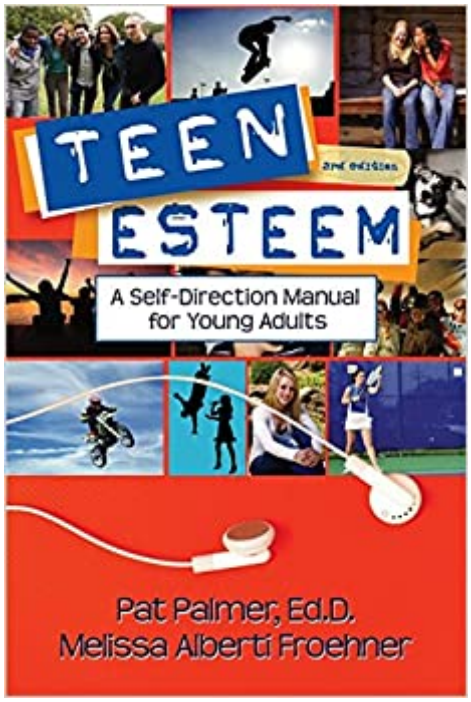
Teen Esteem: A Self-Direction Manual For Young Adults



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Synopsis

Depression, violence, pressures to succeed, eating disordersÃ¢â ¬â •being a teenager seems more difficult with every generation. Confronted daily with demands from parents, teachers, and peers, teens have to have refusal skills and positive attitudes to meet the challenges of life in a world which requires them to grow up before their time. Without patronizing or lecturing, Teen Esteem helps teenagers develop the skills needed to handle stress, peer pressure, substance abuse, anger, sexual expression, more. The third edition includes new material on being different, self-acceptance, cyber-bullying, and coping with depression (in oneself and in others).

Book Information

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Customer Reviews

Ã¢â ¬Å“Teen Esteem explores ways for young people to develop the skills they will need to navigate the treacherous waters of the teenage years...an excellent starting point for conversations, and constructive problem solving skills teamed with practical, helpful exercises that give teens the tools they need to make important decisions, and then stand by them.Ã¢â ¬Â• Ã¢â ¬â •East OregonianÃ¢â ¬Å“...a thoughtful guide and excellent gift for anyone about to join the ranks of teenagerdom.Ã¢â ¬Â• Ã¢â ¬â •Wisconsin Bookwatch, February 2011Ã¢â ¬Å“Teen Esteem is a guide for teens who want to stay in control of their lives during a time of sweeping changes... new responsibilities, fear for the future, sexuality, and the evils of the world. Teen Esteem(is) a powerful tool in this battle.Ã¢â ¬Â• Ã¢â ¬â •Library Bookwatch, September 2010Ã¢â ¬Å“It's written...in a direct, positive and useful manner which I think could really help a young person struggling to make sense of the world and their place in it.Ã¢â ¬Â• Ã¢â ¬â •Muskoka Advance, Ontario,

CanadaÃ¢â ¬Å“...helps build in teenagers 'both refusal skills and positive attitudes to meet the challenges of life as Ã¢â ¬Ëœnot-quite-adultsÃ¢â ¬â„¢Ã¢â ¬â •peer pressure, substance abuse, sexual expression, etc.Ã¢â ¬Â• Ã¢â ¬â •Youthworker UpdateÃ¢â ¬Å“...a wonderful book...a discovery book.Ã¢â ¬Â• Ã¢â ¬â •Star Tribune, Minneapolis, MNÃ¢â ¬Å“The authors worked closely with teenagers when writing this book, and they use real-life situations to illustrate the strategies that will help them control their lives.Ã¢â ¬Â• Ã¢â ¬â •Skidmore VoicesÃ¢â ¬Å“Dr. Palmer's advice is calm and nonjudgmental. She doesn't lecture to her readers.Ã¢â ¬Â• Ã¢â ¬â •Work & Family Life newsletterÃ¢â ¬Å“Adults will welcome its informed perspective on ways teens can take charge of their lives by nurturing healthy self-esteem and making choices crucial to self-actualization.Ã¢â ¬Â• Ã¢â ¬â •Jean Kozlowski, Cricket in the Corner, Virtual North Woods, www.vnw.orgÃ¢â ¬Å“I was surprised... I'd read most of it without even realizing it! The book is impressive.Ã¢â ¬Â• Ã¢â ¬â •A.P., age 17

About Impact Publishers' "Little Imp Books"... Children are our favorite people. And Little Imp Books for children and teenagers is our way of letting them know we care. These books offer tools for building self-esteem, creativity, individuality, responsibility, and emotional and social growth. And like Impact's adult books, "Little Imp" titles are high-quality works written by qualified professionals. --This text refers to an out of print or unavailable edition of this title.

The above reviewer ("Seeker of a good book") completely misquoted the language in the book. The actual quote is: "...you have the right to say to yourself, 'It's okay for me NOT to have sex until I feel sure that it is right for me.'" Quite a difference! This is a great resource for teens!

Very important must have book! Really better than expected! Thank you so much for your speedy professional service

This book is clearly written with useful topics. Great for teens with self-esteem problems orfor teens looking to improve their self-esteem. One of the best books I've found for teen use. The authors seem to genuinely understand the teen "mind" and teen experience.I'm a Clinical Psychologist.

This book is full of great activities for your preteens as well as teens. My sons therapist suggested it, and its been a great tool for their sessions. Parents may read first to get familiar. Its easy to follow and understand for teens and adults alike.

I was going to check this book out from the library for my step daughter. It looked really good at first. However I was reading parts of it and really dont wish to give her a book that says "sex is ok if you feel you are ready for it." There is no right or wrong answer to whether or not you should have sex? I dont agree. There is a right answer. You are 16. You are not ready for sex.

Now in an updated and expanded second edition, Teen Esteem is a superbly written self-direction manual designed specifically for young adults on how to successfully negotiate their teen years as they mature into competent, healthy, emotionally well grounded adults. Readers are presented with useful skills enabling them to relax and have fun (including natural highs), experience and express gratitude, and create dreams for their future; develop safe ways to deal with anger; set goals and learn how to ask for what they want; learn how not to be manipulated and refuse peer pressure in bad situations. Pat Palmer and Melissa Froehner successfully collaborate to help young adults access the life-changing power of responsible self-esteem with a "user friendly" text laced with decision-making hints, engaging illustrations and true-life anecdotes. Teen Esteem is practical, informative, inspiring, life-enhancing reading.

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