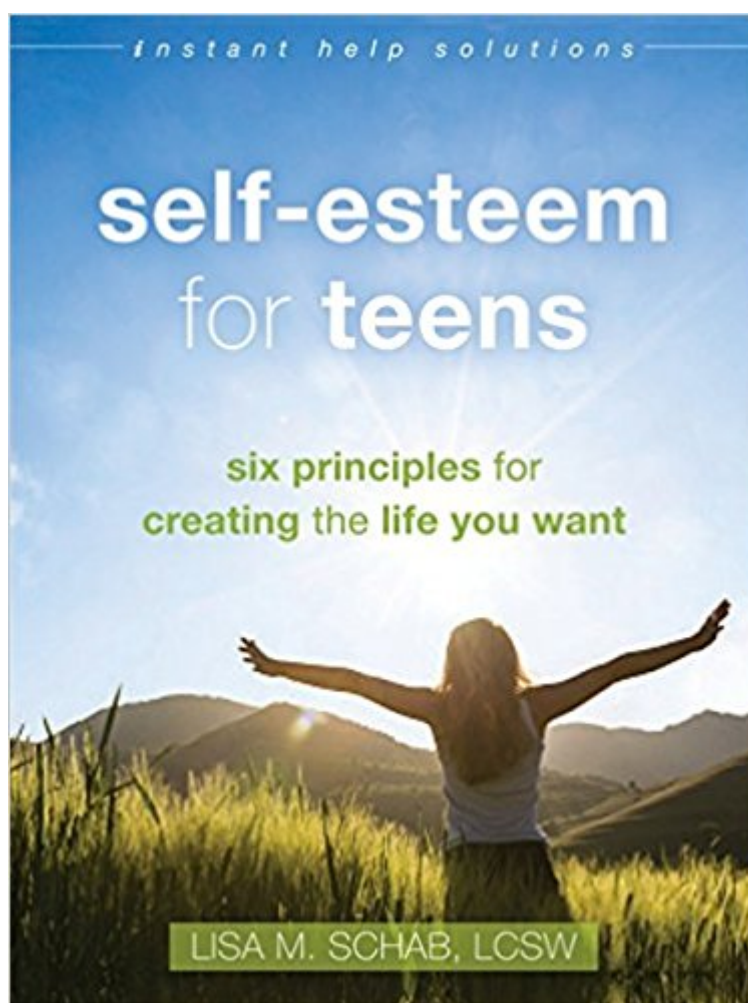


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# Self-Esteem For Teens: Six Principles For Creating The Life You Want (The Instant Help Solutions Series)



## Synopsis

“In a culture where value is often measured by how many followers or likes you attain on social media, this book by Lisa Schab hits the mark. • Lucie Hemmen, PhD, licensed clinical psychologist From the author of the best-selling *The Self-Esteem Workbook for Teens*, *Self-Esteem for Teens* offers six core principles in a smaller, easy-to-reference format to help you 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.

## Book Information

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## Customer Reviews

“Author Lisa Schab recognizes that teen years are complex. She clarifies how youths experience many mixed emotions, thoughts, and feelings as they navigate this time in their lives. Readers are provided with practical exercises and encouraged to explore their findings to develop self-awareness. The book is filled with examples of real-life situations that all teenagers can relate to, and is a useful tool (resource) for teens today.”

•Kristen Dahl, MS, student counselor at College of Lake County

“In a culture where value is often measured by how many followers or likes you attain on social media, this book by Lisa Schab hits the mark. It will help readers positively construct a strong knowledge of healthy self-esteem and how to create it. This is a must-read for all teens!”

•Lucie Hemmen, PhD, licensed clinical psychologist, author of *Parenting a Teen Girl* and *The Teen Girl’s Survival Guide*, and mother of two teen girls

“Self-Esteem for Teens is a rich resource for teens to understand the power they have in thinking positively about themselves. The organization and practical exercises make this book helpful either on its own or as a supplement to therapy.”

•Michael L. Welsh, PsyD, clinical psychologist and executive director at Cornerstone Family Counseling

“The teen years can be tough on self-esteem, and young people who struggle need practical information they can understand and use right away. Lisa Schab skillfully translates powerful clinical concepts from mental health research and treatment, and offers them to adolescents in plain talk. Self-Esteem for Teens is a valuable guide for all youth. These principals work!”

•Britt H. Rathbone, MSSW, LCSW-C, expert adolescent therapist, trainer, author, and coauthor of *What Works with Teens*, *Dialectical Behavior Therapy for At-Risk Adolescents*, and *Parenting a Teen Who Has Intense Emotions*

“This interactive book has a wonderful balance of great advice, fun stories, examples that teenagers can relate to, and practical exercises and strategies that are easy to apply, but powerful. It is insightful, easy to read, and has all the ingredients to help anyone take control of their self-esteem and their life.”

•Nadine Kunesh, MEd, MS, high school teacher in Carlsbad, CA, and former teacher and parent group program coordinator for Community Home Education Program (CHEP)

“Lisa Schab’s book empowers teens to take charge of their self-esteem through the use of stories, exercises, and affirmations. Self-Esteem for Teens teaches the reader how to manage their emotions while reminding them that it’s okay to make mistakes. Schab’s expertise and understanding of the adolescent experience is evident in her writing as she is able to provide practical solutions while also showing compassion for the teenage experience.”

•Emily Hasselquist, LCSW, high school social worker at Warren Township High School, and

therapist in private practice. Lisa Schab's new book *Self-Esteem for Teens*, is an innovative guide for young adults, their parents, and helping professionals in developing healthy attitudes and positive self-images. Presented in clear, descriptive writing, this workbook offers a logical approach to delving into six key principles that when put into practice can transform a teen's life. Schab explains brain biology in easily understandable terms, and then how healthy self-esteem puts happiness and success within reach in all aspects of a teen's life: school, social, family, and work situations. ... Schab's use of wisdom tales and contemporary examples allows teens to feel good about their individuality as they explore and challenge their thought processes. ... This is a powerful workbook that will greatly benefit young people and those who care about them. • Mary Jo Belenski, EdD, assistant professor and undergraduate public health program coordinator at Montclair State University

Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the greater Chicago, IL, area. She has authored fifteen self-help books and workbooks for children, teens, and adults, including *The Anxiety Workbook for Teens*, *The Self-Esteem Workbook for Teens*, and *Beyond the Blues*. Schab teaches self-help workshops for the general public, conducts training seminars for professionals, and is a member of the National Association of Social Workers (NASW). You can find out more about Schab at [www.lisamschabooks.com](http://www.lisamschabooks.com).

was what was expected

As we grow old many of us have forgotten about the turmoil we had in our lives as we entered our teen years and puberty; and it didn't matter if you are a boy or a girl, both were essentially the same. We both found out making friends became different once out of grade school, and if we couldn't make any we began to wonder what was wrong with us, is it or clothes. We had to learn that with age came changes in the manner in which we approach people for the first time. We had to learn how we now needed to handle the situations he used to handle before with ease, we also needed to learn situations now to handle situations we never did before. And when we couldn't, we would usually become depressed and withdrawn without knowing why, which far too often would have a negative on other aspects of our lives. We had no idea that what we had been suffering from had been our lack of self-esteem. Ms. Lisa M. Schab, taking her years of experience as a licensed clinical social worker with a private counseling

practice in the greater Chicago area, has *Self-Esteem for Teens*. The intention of her book is to serve as a foundation where teens can begin to understand that they are in control of their individual self-esteem, and eventually their own destiny. She does this not merely by talking about this subject matter, but by giving her teenage readers real-life situations they can associate their lives with, along with useful exercises designed a self-exploration of themselves. The book has been divided into two sections; the first deals with the concept of self-esteem and its fundamental beliefs, and the second has the exercises to help the teen break out of their shells. While this book is targeted for teenage reader, I believe many adults could benefit from this book as well. For helping others in finding their lost self-esteem, I've given this book 5 STARS.

This was a great book. It was organized in a way that was easy to know what to expect of it. It used a simple language to explain its concepts. I liked the examples it had, very appropriate for the age target, and the wisdom tales were so beautiful. It was divided in two sections. The first one, core beliefs, oriented to understand where self-esteem comes from and how it is in our hands. And the second, power-filled choices that helps to understand how to deal with the struggles we find in life. Each section contains principles that are very clearly explain. The way the sections were divided in learn, explore, become and affirm was very enlightening. Even though it was oriented to teenage, I think it can be useful, not only to that group but to any other readers. The examples and general language might be oriented to a younger public, but the concepts were universal and any reader can get great knowledge from it. It was a very insightful book, I think it is important that the person who read it is willing to work and to deal with difficult emotions. It is not a book to be read in a hurry, it will take time and effort to get something out of it, but I think it can be very useful in someone willing to do it. Overall it was is a good book, but its possibility of success remains in the hands of the reader. I would recommended not only to teens, but also to people who work with them, maybe in an educational, social or any other ambit. I also think any reader, regardless the age, can benefit from it. \*Book provided by NetGalley.

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