

Synopsis

Depression, violence, pressures to succeed, eating disorders -- 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 peer pressure, substance abuse, sexual expression, and more. The second edition includes new material on avoiding violence, healthy ways to deal with anger (in oneself and in others), and being "safely assertive." Teen Esteem is for: every teenager who is being told to "just say no"; parents; school teachers and counselors; youth workers; family therapists.

Book Information

Age Range: 12 and up

Series: Little Imp Books

Paperback: 112 pages

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Average Customer Review: 4.2 out of 5 stars 7 customer reviews

Best Sellers Rank: #5,115,211 in Books (See Top 100 in Books) #41 in [Books > Children's Books > Education & Reference > Reference > Citizenship](#) #600 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#) #613 in [Books > Teens > Personal Health > Self-Esteem](#)

Customer Reviews

"...a wonderful book...a discovery book." -- Star Tribune, Minneapolis, MN"...helps build in teenagers 'both refusal skills and positive attitudes to meet the challenges of life as not-quite-adults'..." -- Youthworker Update"...written...in a direct, positive...manner which...could really help a young person struggling to make sense of the world..." -- Muskoka Advance, Ontario, Canada"Adults will welcome its informed perspective on ways teens can take charge of their lives by nurturing healthy self-esteem..." -- Jean Kozlowski, Cricket in the Corner, Virtual North Woods"Dr. Palmer's advice is

calm and nonjudgmental. She doesn't lecture to her readers." -- Work & Family Life newsletter
"I thought this was a good book...the stories made it easier to understand." -- J.W., age 18
"I was surprised...I'd read most of it without even realizing it! The book is impressive." -- A.P., age 17
"Teen Esteem talks about real life and not just about theories. It was fun (and useful) to read!" -- A.M, age 13
"The authors...use real-life situations to illustrate the strategies that will help them control their lives." -- Skidmore Voices
"The book...shows you how to work out your problems, be responsible, and to make the right decisions." -- E.E., age 13

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.

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 or for 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 it's been a great tool for their sessions. Parents may read first to get familiar. It's 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 don't 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 don't 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.

excellent book

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Art Direction) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1)

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