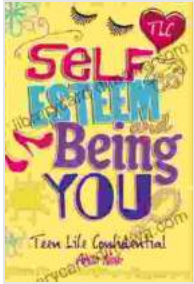


Self Esteem And Being You Teen Life Confidential: Your Guide to a Happier, More Fulfilling Life



Self-Esteem and Being YOU (Teen Life Confidential Book 9) by Anita Naik

★★★★☆ 4.4 out of 5

Language	: English
File size	: 6116 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 155 pages

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Are you a teen struggling with self-esteem issues? Do you feel like you're constantly comparing yourself to others and coming up short? If so, then Self Esteem And Being You Teen Life Confidential is the book for you.

This book is packed with practical advice and real-life stories that will help you build your self-esteem and live a happier, more fulfilling life. You'll learn how to:

- Understand what self-esteem is and why it's important
- Identify the factors that are affecting your self-esteem
- Develop positive self-talk
- Set realistic goals

- Cope with criticism
- Build healthy relationships

Self Esteem And Being You Teen Life Confidential is more than just a self-help book. It's a guide to a happier, more fulfilling life. If you're ready to make a change, then this book is for you.

Free Download your copy today and start building the self-esteem you deserve!

What Others Are Saying About Self Esteem And Being You Teen Life Confidential

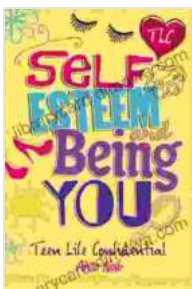
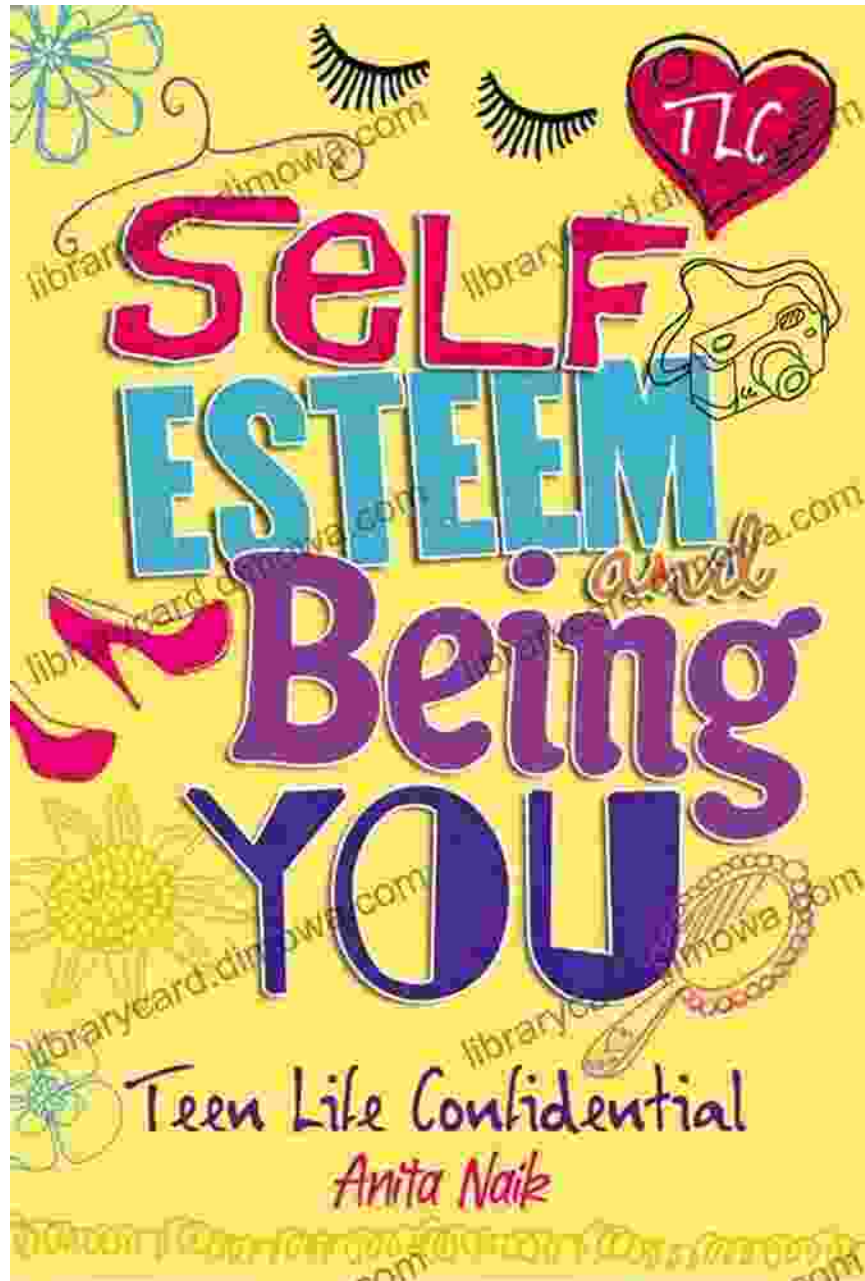
"This book is a must-read for any teen who is struggling with self-esteem issues. It's full of practical advice and real-life stories that will help you build your self-esteem and live a happier, more fulfilling life." - Sarah, age 16

"I wish I had this book when I was a teen. It would have saved me a lot of heartache and insecurity. I highly recommend it to any teen who is struggling with their self-esteem." - Emily, age 22

"Self Esteem And Being You Teen Life Confidential is a great resource for teens who are struggling with self-esteem issues. It's full of practical advice and real-life stories that will help you build your self-esteem and live a happier, more fulfilling life." - Dr. Susan Smith, clinical psychologist

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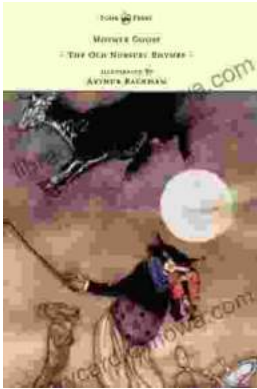
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