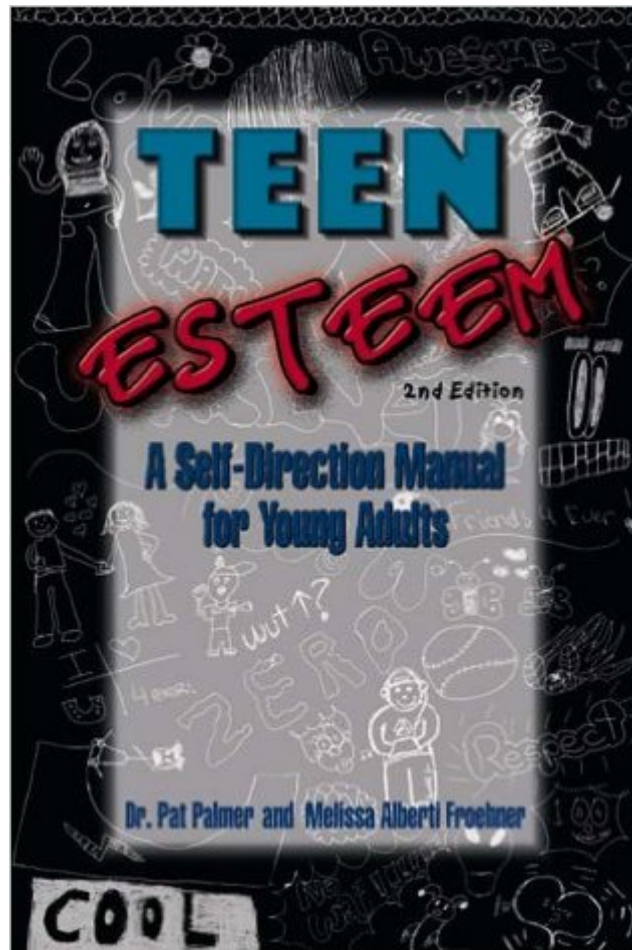


The book was found

# Teen Esteem: A Self-Direction Manual For Young Adults (Little Imp Books)



## 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

Publisher: Impact Publishers; 2 edition (January 2000)

Language: English

ISBN-10: 1886230145

ISBN-13: 978-1886230149

Product Dimensions: 9 x 6 x 0.3 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #4,243,249 in Books (See Top 100 in Books) #32 in [Books > Children's Books > Education & Reference > Reference > Citizenship](#) #466 in [Books > Teens > Personal Health > Self-Esteem](#) #3165 in [Books > Teens > Education & Reference > Social Science](#)

## Customer Reviews

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.

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.

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.

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!

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