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The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals PDF



by Leslie Sokol PhD : **The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals**

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Description :

PDF-36469 | Written by two leaders in the field of cognitive behavioral therapy (CBT), this engaging, must-have workbook builds on the success of Think Confident, Be Confident for Teens to provide proven-effective exercises and skills that will empower you to replace your self-doubt with self-confidence so you can be your best. Self-confidence shapes the way you see the world. When you have healthy self-esteem... *The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals*

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