



Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series)

By Marci G Fox, Leslie Sokol

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Confidence is like a magnet that attracts people to you and helps you get closer to reaching your goals. When you believe in yourself, you send the message that you have the brains, ability, and talent to handle whatever life sends your way. And the truth is, you do!

Using powerful skills based in cognitive behavioral therapy (CBT), ***Think Confident, Be Confident for Teens*** shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide you past feelings of self-doubt and encourage you to believe in yourself, strengthen your friendships, and meet every challenge head-on.

- Recognize and overcome the self-doubting thoughts that bring you down
- Grow your confident thoughts into confident actions
- Enjoy a full social life and attract new friends
- Feel smarter at school and build on your extracurricular talents

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Editorial Review

Review

“In *Think Confident, Be Confident for Teens*, Fox and Sokol address a common developmental problem, low self-esteem, in a very vulnerable group, teenagers. Using a number of case vignettes, the authors draw readers into the process to help them build a sense of personal efficacy and believe that they can do what they need to do. After following the exercises in this workbook, it would be difficult for teen readers to continue to feel badly about themselves. This is an essential book for parents, teachers, and, of course, teens.”

—Art Freeman, faculty in the department of behavioral medicine at Midwestern University

“Growing as a teen means giving yourself the tools to succeed in life. This book is like your personal toolbox. Read it and carry it with you on your personal road to success.”

—William Sears, MD, pediatrician and author of *The Successful Child*

"*Think Confident, Be Confident for Teens* is an outstanding addition to the self-help literature for adolescents. Fox and Sokol have translated the powerful tools of cognitive behavioral therapy into a readable and relevant manual. Common dilemmas that teens face serve as illustrations and bring to life principles that can help young readers through a challenging and pivotal stage of development."

—Donna M. Sudak, MD, ACT, founding fellow of the Academy of Cognitive Therapy and president of the Academy of Cognitive Therapy

"Adolescence is often characterized by severe self-doubt and worry that can create significant distress for teenagers and their families and negatively impact academic, social, and emotional functioning. Are these extreme reactions an inevitable part of the teenage transition? No! Sokol and Fox show how adolescence can be the foundation for a lifetime of self-confidence."

—Dennis Greenberger, PhD, coauthor of *Mind Over Mood*

"Being a teen can be tough. From stresses at home or at school to problems with friends, sometimes it can feel like it's just too much. Self-doubt can creep in, leading to feelings of anxiety, worry, frustration, and sadness. There's good news, though. Based on the latest science and strategies that really work, *Think Confident, Be Confident for Teens* offers simple, useful tips that will put you on a confident path and help

you see yourself in a positive, realistic light. This quick-read book can help you handle whatever comes your way."

—Mark A. Reinecke, PhD, ABPP, ACT, professor of psychiatry and behavioral sciences at Northwestern University's Feinberg School of Medicine

"Adolescence can be a time when self-reflection and newly developed thinking styles can be a challenge. Following the lead of cognitive theory, *Think Confident, Be Confident for Teens* guides the adolescent reader through experiences and activities that will shape a healthy and more confident thinking style. A valuable resource for teens, with potential to prevent unwanted emotional turmoil."

—Philip C. Kendall, PhD, ABPP, distinguished university professor and Laura H. Carnell Professor of Psychology at Temple University

"*Think Confident, Be Confident for Teens* is a practical, clear, and powerful guide young people can use to boost their confidence and face the inevitable obstacles of life. Filled with forms, examples, and empowering guidelines, this book will give teens the tools to take on the challenges of life."

—Robert L. Leahy, PhD, director of the American Institute for Cognitive Therapy and author of *Beat the Blues Before They Beat You*, *The Worry Cure*, and *Anxiety Free*

"In an ideal world, *Think Confident, Be Confident for Teens* would be required reading in high school and college curricula. Speaking directly to teens on matters that concern them most, Fox and Sokol succeed in offering evidence-based ways teens can reduce their social self-consciousness, improve their outlook on themselves and their lives, and be more confident and effective in handling the sorts of stresses that teens know all too well. Adolescents suffering from that common malady known as insecurity will benefit significantly from learning the lessons taught by this valuable book."

—Cory F. Newman, PhD, ABPP, professor of psychology in psychiatry and director of the Center for Cognitive Therapy at the University of Pennsylvania

From the Publisher

Think Confident, Be Confident for Teens offers young readers a teen-focused, breakthrough program for eliminating self-doubt and increasing confidence and self-esteem. Marci Fox and Leslie Sokol, faculty members at the Beck Institute for Cognitive Therapy and Research, adapted this cognitive therapy program for teens after the success of their book for adults, *Think Confident, Be Confident*.

About the Author

Marci G. Fox, PhD is adjunct faculty at the Beck Institute for Cognitive Behavior Therapy. She is a licensed psychologist, expert in cognitive therapy, international speaker, and coauthor of the book *Think Confident, Be Confident*. Dr. Fox maintains a private practice in Boca Raton, Florida. Leslie Sokol, PhD, is senior faculty and past director of education at the Beck Institute for Cognitive Behavior Therapy. A highly acclaimed lecturer, Sokol is a licensed psychologist and cognitive therapy expert who maintains a private

practice in the Philadelphia suburbs. For more information, visit their website at thinkconfidentbeconfident.com.

Users Review

From reader reviews:

Robert Hay:

The book Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) can give more knowledge and information about everything you want. So just why must we leave the good thing like a book Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series)? Wide variety you have a different opinion about publication. But one aim which book can give many details for us. It is absolutely suitable. Right now, try to closer along with your book. Knowledge or details that you take for that, you could give for each other; you can share all of these. Book Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) has simple shape but you know: it has great and large function for you. You can appearance the enormous world by open and read a guide. So it is very wonderful.

Terrie Delgadillo:

As people who live in the modest era should be upgrade about what going on or facts even knowledge to make them keep up with the era and that is always change and advance. Some of you maybe may update themselves by examining books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) is our recommendation to make you keep up with the world. Why, since this book serves what you want and wish in this era.

Virginia Laird:

Now a day those who Living in the era everywhere everything reachable by match the internet and the resources within it can be true or not require people to be aware of each information they get. How many people to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Studying a book can help people out of this uncertainty Information especially this Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) book since this book offers you rich details and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it everybody knows.

Brian Scheele:

Information is provisions for folks to get better life, information today can get by anyone at everywhere. The information can be a understanding or any news even a huge concern. What people must be consider any

time those information which is inside former life are challenging to be find than now is taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you have the unstable resource then you understand it as your main information it will have huge disadvantage for you. All of those possibilities will not happen inside you if you take Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) as your daily resource information.

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