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The Think Confident, Be Confident Workbook For Teens: Activities To Help You Create Unshakable Self-Confidence And Reach Your Goals





Synopsis

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, it helps you move through life and boosts your resilience against stress. On the other hand, negative thinking has negative consequences: low self-esteem and self-doubt can hold you and back and lead to self-sabotage, along with an increased risk of anxiety, depression, and self-destructive behaviors. With *The Think Confident, Be Confident Workbook for Teens*, two leaders in the field of CBT present the wisdom and guidance of *Think Confident, Be Confident for Teens* in a fun workbook format. Filled with easy CBT-based activities and tips, this book will help you recognize, rethink, and replace self-doubt, enabling you to transform your negative self-image into a more positive, accurate reflection so you have the confidence to pursue your dreams and find success. How you think affects how you feel and what you do. Now, with this proven-effective skills-based workbook, you'll be ready to eliminate self-doubt and build sustainable, unshakeable self-confidence and lasting self-esteem.

Book Information

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Customer Reviews

œSokol and Fox have produced a highly instructive and accessible workbook for youth who struggle with confidence and doubt. I enthusiastically recommend this workbook, as the authors perfectly balance the presentation of key ideas and the provision of adequate training opportunities

for achieving mastery. This book will be useful as both an adjunct to therapy and a stand-alone resource. • R. Trent Codd, III, EdS, president of the Cognitive-Behavioral Therapy Center of Western North Carolina, PA behaviortherapist.com and behaviortherapist.org • With the pressing need to help adolescents thrive in an increasingly complex world, *The Think Confident, Be Confident Workbook for Teens* serves as a much-needed resource for teens and those who care about them. Clear, engaging exercises and real-life examples guide readers to build concrete and practical strategies to face the world with strength and confidence. • Torrey A. Creed, PhD, assistant professor of psychology in psychiatry at the University of Pennsylvania Perelman School of Medicine, and coauthor of *Cognitive Therapy for Adolescents in School Settings*

Leslie Sokol, PhD, is a licensed psychologist, distinguished founding fellow, certified trainer/consultant, past president, secretary, and credentials chair of the Academy of Cognitive Therapy. A fellow of the Association for Behavioral and Cognitive Therapies (ABCT), she was past director of education at the Beck Institute for Cognitive Behavior Therapy for almost fifteen years, and is a highly acclaimed national and international lecturer. Sokol was behavioral science chair of the family practice department at Mercy Suburban Hospital for twenty-two years where she also served as staff psychologist for cardiac rehab, physical rehab, nursing home, hospice, and family practice clinic. Sokol has been training mental health professionals in cognitive behavioral therapy for over thirty years. Her coauthored book, *Teaching and Supervising Cognitive Behavioral Therapy* is the first comprehensive text to provide effective, empirically validated training and supervision. She is also coauthor of *Think Confident, Be Confident*; *Think Confident, Be Confident for Teens*; and two academic, edited book chapters: • *Dealing with Difficult Cases* • in *The Wiley Handbook of Cognitive Behavioral Therapy*, and • *The Generic Model of Cognitive Behavioral Therapy* • in *The Science of Cognitive Behavioral Therapy*. Sokol is published in peer-reviewed journals. Her private practice is located in the suburbs of Philadelphia, PA. Marci G. Fox, PhD, is a licensed psychologist who has been in private practice for nearly twenty years specializing in cognitive behavioral therapy with teens and adults. She has worked with the Beck Institute for Cognitive Behavior Therapy in Philadelphia, PA, for almost the same amount of time. As an Academy of Cognitive Therapy certified trainer/consultant and adjunct faculty member at the Beck Institute, she trains individuals in cognitive therapy both nationally and internationally. She is actively involved in training thousands of mental health professionals nationally to increase their competency in cognitive behavioral therapy. Fox has a founding fellow distinction, as well as invited placement on the board of examiners and credentials committee of the Academy of Cognitive Therapy. She has

lectured for years on cognitive therapy, as well as confidence and self-esteem. She has coauthored the books *Think Confident, Be Confident*; *Think Confident, Be Confident for Teens*; and *Teaching and Supervising Cognitive Behavioral Therapy*. Fox has published in peer-reviewed journals and diverse publications in the area of cognitive behavioral therapy. Her practice is located in Boca Raton, FL. For more information, visit her website at www.thinkconfidentbeconfident.com. Foreword writer Aaron T. Beck, MD, created and refined cognitive therapy over the course of his research and clinical career. He has published more than 600 scholarly articles and twenty-five books, and has developed widely used assessment scales. Beck has received many prestigious awards, including the 2006 Albert Lasker Clinical Medical Research Award for developing cognitive therapy. In 2013, he became the first recipient of the Kennedy Community Health Award from The Kennedy Forum. Beck has been listed as one of the ten individuals who shaped the face of American psychiatry and one of the five most influential psychotherapists of all time. He is emeritus professor in the department of psychiatry at the University of Pennsylvania, and director of the Aaron T. Beck Psychopathology Research Center. His current research focuses on cognitive therapy for schizophrenia, cognitive therapy for suicide prevention, and dissemination of cognitive therapy into community settings.

Super fast shipping and perfect condition! Wonderful book and even better than I expected. I'm really excited about using this workbook.

Full of excercises!

The type of book that would have helped me so much when I was a teen

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ...

Person You've Always Wanted to be. Book 1) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) 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) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence A Meditation to Help You Improve Self-Confidence and Reach Peak Performance Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Reach: A New Strategy to Help You Step Outside Your Comfort Zone, Rise to the Challenge, and Build Confidence Do You Think What You Think You Think?: The Ultimate Philosophical Handbook

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