



Empowering Teens to Build Self-Esteem

Suzanne E. Harrill

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An easy-to-read, practical self-help book for adolescents. It is a simple guide helping youth learn to become their own best friend, override negative self-talk, and have a belief system that encourages personal responsibility. Great for parents, teachers, and counselors. Topics include: easy ways to identify thoughts, feelings, and behaviors of low self-esteem, 8 principles of self-esteem, 40 affirmations, teen self-esteem awareness indicator, dating tips, and journal questions for peer pressure.

“This book taught me what I did not know about myself. I learned that I’m going to be okay no matter what, that on one can take away what you have inside of you. I also learned there are different parts of me inside that have different feelings. I recommend this book to other teenagers because it explains things we were never taught. It takes over where everyone else leaves off.”

Christine Snitzer, age 18

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