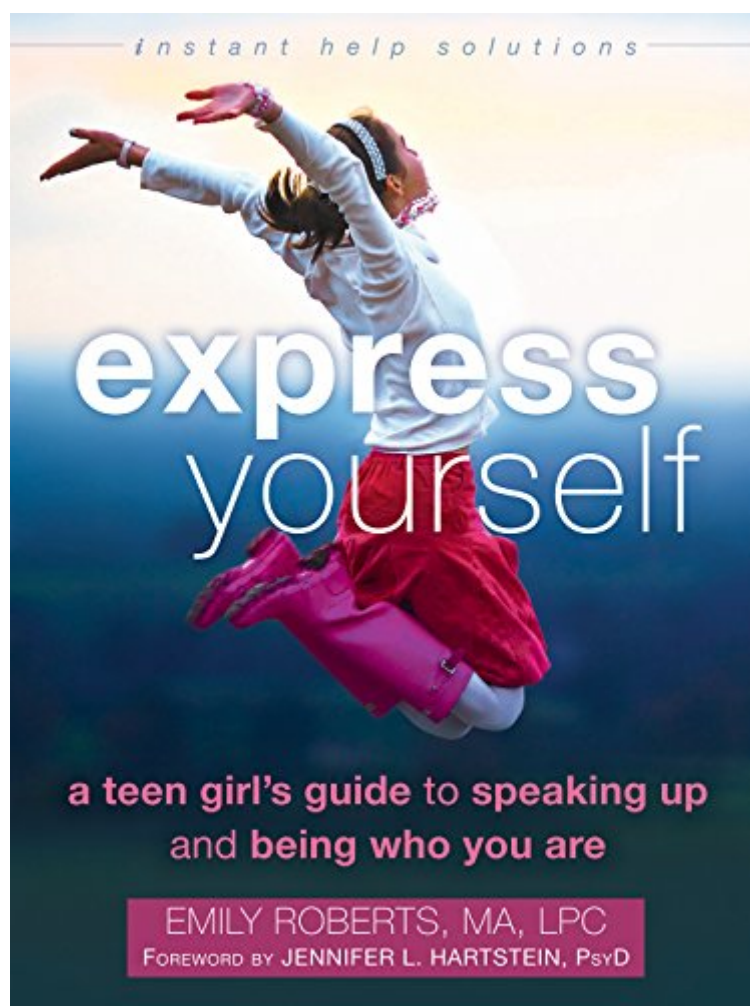


The book was found

Express Yourself: A Teen Girl's Guide To Speaking Up And Being Who You Are (The Instant Help Solutions Series)



Synopsis

Being a teen girl isn't easy – so learning skills to feel confident is key!

In *Express Yourself*, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether it's online or at school, with friends, parents, bullies, cliques or crushes – any tricky situation life throws your way. Many teen girls feel pressured to be nice, rather than assert their opinions. They may fear being called bossy or pushy when speaking their mind or offering a different point of view. If you have ever stopped yourself from expressing your opinion, you know how bad it can feel afterward. Don't let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone else's – you just need to find your voice. *Express Yourself* offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create positive interactions with others and deal with difficult emotions that can arise from bullying or dealing with mean girls. The book also provides easy-to-use strategies that will boost your self-esteem and confidence, and you'll discover tons of assertive communication skills you can use every day, including how to speak up when you are upset, asking for what you want in a clear assertive manner, and coping when intense emotions threaten to take over and sabotage your relationships. In our modern world of social media and texting, strong communication skills are needed more than ever. This book will not only give you the tools needed to speak up in everyday or difficult situations, but it will also provide powerful advice for effectively communicating in the digital world.

Book Information

File Size: 2419 KB

Print Length: 235 pages

Publisher: Instant Help; 1 edition (June 1, 2015)

Publication Date: June 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00TZE87V6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #210,963 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

in Kindle Store > Kindle eBooks > Teen & Young Adult > Education & Reference > Social

Science > Psychology #28 in Kindle Store > Kindle eBooks > Teen & Young Adult > Social

Issues > Girls & Women #34 in Kindle Store > Kindle eBooks > Teen & Young Adult > Social

Issues > Emotions & Feelings

Customer Reviews

If you haven't figured out how to talk to your daughter in a way that she can hear about sexting, cyber-bullying, romantic relationships, and the like, *Express Yourself* may be the solution. Targeted at teen-aged girls, the book is about learning to be assertive, and how to do so in a range of situations relevant to adolescent life. Packed with realistic scenarios that girls face on a day to day basis, Emily Roberts supplies practical and wise advice on how to navigate the complicated terrain of school, friendship and love. Considering situations ranging from peer pressure to questions about the appropriateness of nude photo in a digital world, the book presents a practical road map for dealing with realistic situations. So, if there is a young woman in your life, this book might be exactly what she needs.

This is a phenomenal read for teen girls to get in touch with their self-respect and communication skills. Ms. Roberts has created a roadmap that is simple and current for young women to "become the director of their own lives" via applicable life situations and easy to follow scripts. She sprinkles her chapters with inspiring quotes from present-day, intelligent young female role-models and walks the teen reader through scenarios such as dealing with drama at school, home and heartbreak. Professionals will love this book due to the practical DBT/mindful structured exercises and parents will appreciate the topics Ms. Roberts helps teens tackle- such as how to collaborate with them on social media, sibling rivalry, and homework. Absolutely a book I will recommend to my clients!

Emily really knows her audience. She speaks "teen" and does it in a way that is engaging and educational. Her book gives many examples of how to deal confidently with peers and parents. It's interactive, and a fun read. Highly recommend!

This book is so relatable. I wish I had this book when I was a teen.

I love this book! Emily Roberts addresses her readers as the intelligent young women that they are, teaching them how to take control of their lives and navigate tricky relationships they face with both peers and adults. Without trivializing the trials of teenage years, she provides guidance and practical strategies to handle difficult situations with grace, to navigate relationships without sacrificing themselves. Assertiveness is the focus of this book, a skill all girls and women need!

My daughter has a shyness issue, she is now 13 and I hope this book along with my motivation and guidance, she can start to break out of her shell, she has connected with this book and we now make it a weekend ritual to read at Starbucks, so far a great book

Highly recommend for all adolescents and teens! What a great resource! Easy to read and quick simple solutions for today's technology world teens live in. Look forward to handing out to my clients as a great resource and confidence builder book!

As a Registered Nurse, I feel this book is the perfect gift for any teenage girl. Being assertive is the single most important skill to learn and practice as a young woman in today's world. This guide outlines the ways to get what you want out of life while becoming a responsible, productive young adult. The book is well written in the vernacular of the teenage girl and easily understood by people of all ages. I found the central theme of "becoming the director of your own life" to be a brilliant metaphor; parents become producers, friends become cast of characters, and even though you "call the shots", it is easy to get caught up in others' opinions and manipulations. Emily Roberts MA LPC does a superb job in defining the role that we should all play in our lives, with real life scenarios that are easily relatable to life. All teens must read this book! It prepares young women to be assertive and confident in today's high stress, high drama, high tech world. Each chapter has its own director's notes, with little hashtagable quotes such as, "Your future depends on the decisions you make today. Don't look back in regret. #ExpressYourself". These notes sum up the chapter and reiterate the need for strength and assertiveness no matter what life can throw at us. I feel that reading this as a teenager will benefit them all throughout their adolescence. Both an 11 year old and a 20 year old can relate to its scenarios. I felt myself relating and learning from the book even at age 28. It is a terrific resource for girls to turn back to when they have a tough decision to make (there are step by step guides to write their script for different situations). If you are a teen girl, or if you have a daughter/niece/granddaughter/goddaughter/cousin who is a teen, do not hesitate. This book will be

cherished and re-read for years because of its practical applications in so many situations.

[Download to continue reading...](#)

Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem (The Instant Help Solutions Series) The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress (The Instant Help Solutions Series) Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can (The Instant Help Solutions Series) Communication Skills for Teens: How to Listen, Express, and Connect for Success (The Instant Help Solutions Series) 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) Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot's® Electric Pressure Cooker) Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Instant Pot Cookbook: 101 Healthy and Easy Instant

Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)