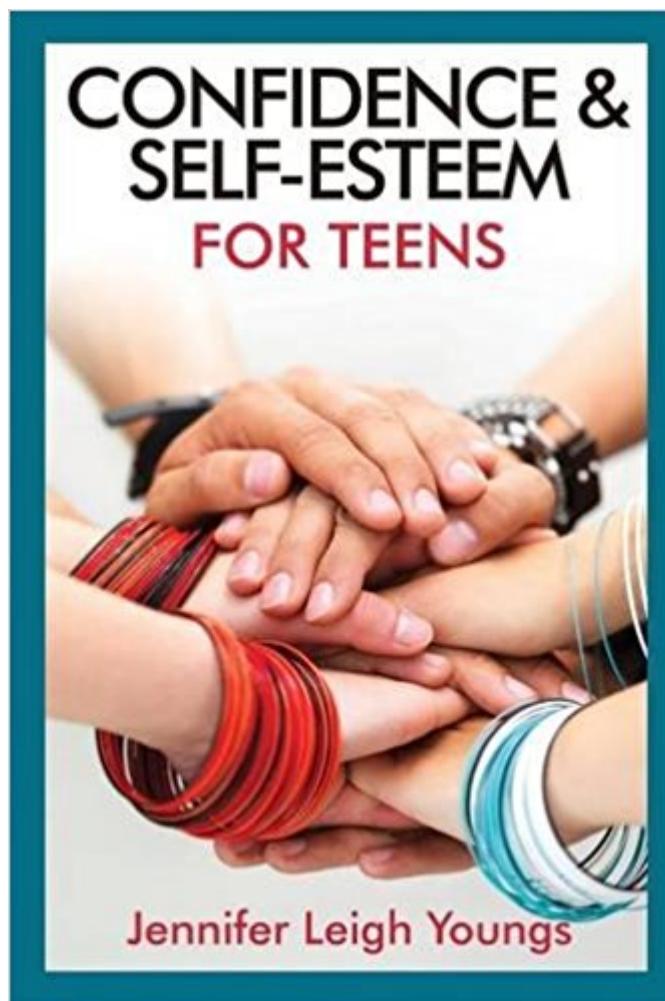


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# Confidence & Self-Esteem For Teens



## Synopsis

Confidence & Self-Esteem for Teens is all about the ways that beauty manifests from within. This book shows you how to let your inner beauty shine through-things like the secrets of serenity, steps for staying cool under pressure, building your self-esteem, drawing security from loving others, setting goals and feeling purposeful-and more.

## Book Information

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## Customer Reviews

Jennifer Leigh Youngs (Del Mar, CA) is the author of "i>Feeling Great, Looking Hot, & Loving Yourself/i> and the coauthor of the "Taste Berries for Teens" book series. Bettie B. Youngs, PhD, EdD (Del Mar, CA) is the Pulitzer-Prize nominated author or co-author of many books, including the Taste Berries series, and has appeared often on "Oprah, NBC Nightly News," and other national programming.

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