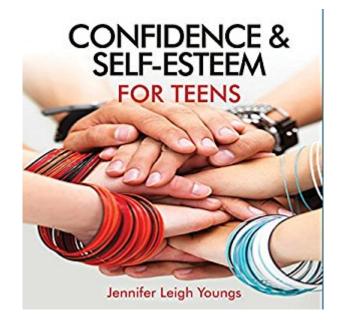
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# **Confidence & Self-Esteem For Teens**





## 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**

Audible Audio Edition Listening Length: 1 hour and 23 minutes Program Type: Audiobook Version: Unabridged Publisher: Bettie Youngs Book Publishers Co., Inc. Audible.com Release Date: December 6, 2015 Language: English ASIN: B018YFL0Y2 Best Sellers Rank: #53 in Books > Teens > Personal Health > Fitness & Exercise #388 in Books > Teens > Personal Health > Self-Esteem #3213 in Books > Teens > Social Issues

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