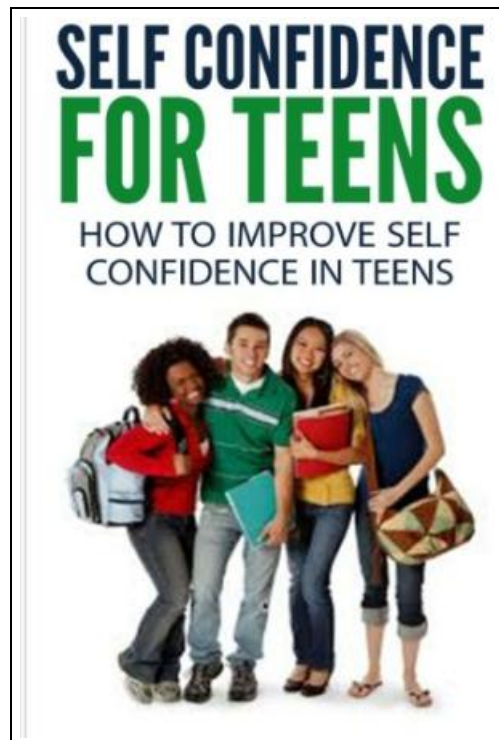


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(Marlin Bergstrom)

SELF CONFIDENCE FOR TEENS: HOW TO IMPROVE SELF CONFIDENCE IN TEENAGERS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Confidence is an integral aspect in the growth and development of teenagers. Teen self-esteem attains its peak at the age of around 15 to 16 years. Depending on how the parents, guardians and the community as a whole handle the teenagers at this point, their confidence level may either plummet or rise. Self-esteem is generally related to how we perceive and feel about ourselves in terms of our abilities and attributes. Contrary to the beliefs of many people, teen confidence is deeply rooted and taps into the pre-teen years. A child who was mistreated and exposed to physical abuse at an early age may easily develop a low self-esteem all throughout his/her teenage years. At the pre-teen level, the barometer for self-worth focuses on physical attributes. This is why it is common to find a child who is short, yellow skinned or fat, having low self-esteem. The earlier the teenagers are taught on how to believe in themselves and seek for ways of self-improvement the better their foundation will be in terms of self-confidence. The parents and the society at large should have a way of managing their expectations concerning the teenagers so that they do not demand too much from them. Teenagers should also be trained on how to make great first impressions as this will help them boost their confidence and make them productive in their future lives. Negative attitudes have been singled out as one of the most poisonous tendencies that can easily way down teenagers making them dull and less cheerful. The doctrine of positivity should be nurtured in them right from a tender age so as to give them a positive outlook on life....

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