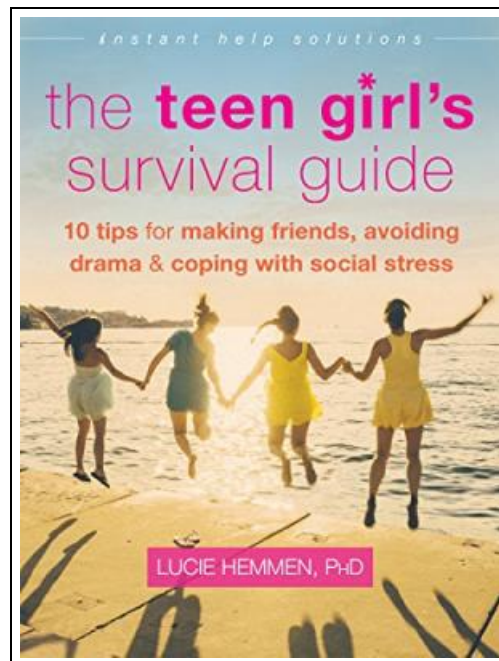


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Instant Help. Paperback. Condition: New. 176 pages. Dimensions: 6.0in. x 0.0in. x 8.0in. If you're like many teen girls, you may feel intense pressure to fit in and make friends. In this fun and engaging guide, therapist and teen expert Lucie Hemmen offers ten tips to solve one of the biggest worries teen girls struggle with: social success. As you face new academic and social pressures, you may feel more stressed out than ever before. You want to relate to your peers, but you may not have the skills you need to successfully navigate the social world. Grounded in evidence-based cognitive behavioral therapy (CBT), this book will help you develop simple and effective ways to connect with your fellow teens while still remaining uniquely you. In the book, you'll discover tips for finding your strengths, identifying negative self-talk, understanding social situations, and making new friends. Most importantly, you'll discover key strategies for creating a strong sense of self-knowledge and self-appreciation—two key building blocks for succeeding in the social world, and beyond. If you're ready to move past all the BFF drama and clique mentality, and start making truly positive connections with others, this book will show you the way. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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