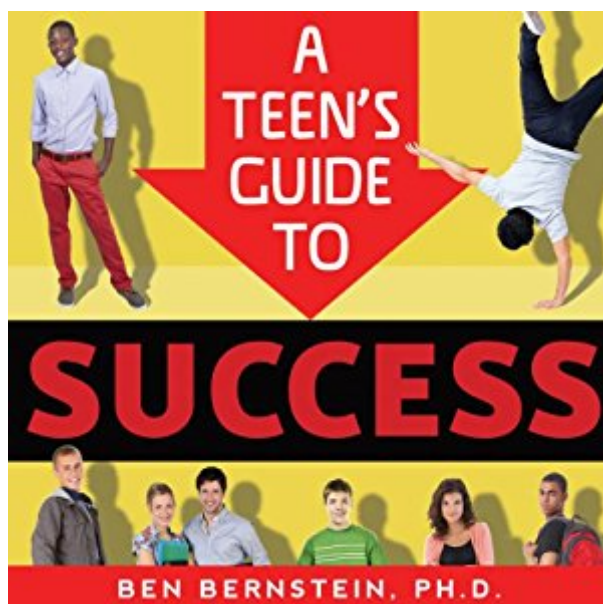


The book was found

# A Teen's Guide To Success: How To Be Calm, Confident, Focused



## Synopsis

The world's teenagers have never been so challenged as they are today. The constant demands of parents, school, work, peers, social media, athletics, music, etc., has created a generation who, while tremendously capable, are also tremendously stressed. Today's teens are expected to not only do it all but to do it now. Having personally coached thousands of students over his years as an educator and a professional performance coach, Dr. Bernstein (Dr. B) understands and connects with today's young adults. He knows they are intelligent, talented and full of creative energy and he uses his decades of experience in *A Teen's Guide to Success* to help teens succeed. *A Teen's Guide to Success* shares principles and skills that help teens discover their higher potential and learn how to be calm, confident and focused in whatever situation they find themselves. Teens will learn the same techniques that all top athletes, musicians, business leaders and other successful people practice. As teens implement the tools taught in *A Teen's Guide to Success* they will find a roadmap to achieve their potential and be successful in all aspects of their lives.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 47 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Familius

Audible.com Release Date: November 7, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00GJ0SZTS

Best Sellers Rank: #145 in Books > Teens > Social Issues > Being a Teen #185 in Books > Teens > Personal Health > Self-Esteem #2457 in Books > Self-Help > Stress Management

## Customer Reviews

Dr. Ben Bernstein has written a clear, thoughtful, and enjoyable guide to success for teens, not only in school, but in all of life. His approach is based on good cognitive behavioral theory, and more importantly, grounded by a deeply compassionate empathy with the pressure and stress teens face in their daily life, at home, at school, and with their peers. This, and a healthy dose of good humor, could make even the most resistant, reluctant teen read the book and put it to use. Rev. Lewis Johnson  
Former High School English Teacher  
Pastor  
Psychotherapist, working with Individuals

(including teens), Couples, Families, and Groups

I met Doctor Ben at a networking event and was drawn with his title, "How to be calm, confident and focused!" I needed a book to help my son get ready for junior high. We are reading it together and I can say that many of the feelings and stories resonate with both of us. More children need to know that it takes confidence to be successful!! Most of the time we have what it takes to be successful, but due to ridicule, lack of confidence and lack of focus we fail. In my experience the more we teach our youth to be confident, therein lies their successes. Thanks for keeping it real! You have given the tools for successes for anyone who will listen!!!!

Dr. Bernstein is an astute, kind, funny, and vibrant person who sees all these things in others and guides them to see these attributes in themselves with this simple, easy to understand and follow book. I got the book for my teens and ended up using it in my teaching practice for my students AND myself. What a difference! Thank you, thank you, thank you! I can't wait to attend a workshop!

excellent buy for any teen parent, highly recommend it, easy to read and fun to share with family friends and peers

Good advice for both teens and their parents!

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A Teen's Guide to Success: How to Be Calm, Confident, Focused  
Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys  
Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls  
The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals  
The New Contented Little Baby Book: The Secret to Calm and Confident Parenting  
Cool, Calm, and Confident: A Workbook to Help Kids Learn Assertiveness Skills  
Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity  
Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety)  
Confident a Bible Study for Teen Girls  
Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill (Merloyd Lawrence Book)  
Balance and Calm: Adult Coloring Book  
Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1)  
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