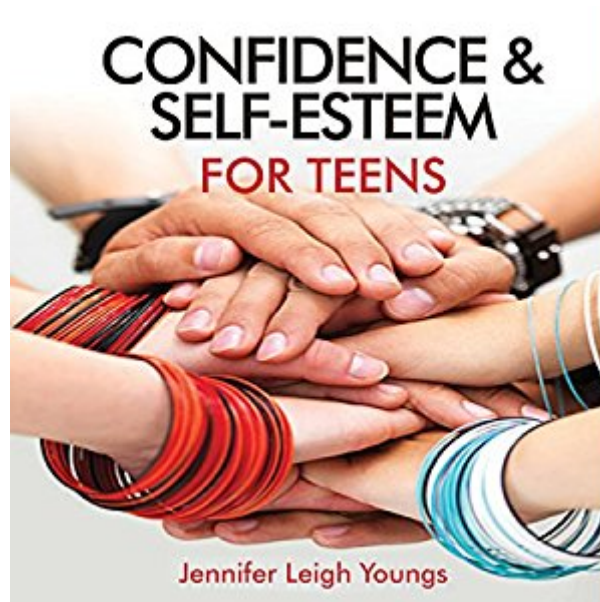


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# Confidence & Self-Esteem For Teens



## 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

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Program Type: Audiobook

Version: Unabridged

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Audible.com Release Date: December 6, 2015

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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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