



# **Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series)**

*Emily Roberts*

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**Being a teen girl isn't easy—so learning skills to feel confident is key! In *Express Yourself*, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether it's online or at school, with friends, parents, bullies, cliques or crushes—any tricky situation life throws your way.**

Many teen girls feel pressured to be nice, rather than assert their opinions. They may fear being called bossy or pushy when speaking their mind or offering a different point of view. If you have ever stopped yourself from expressing your opinion, you know how bad it can feel afterward. Don't let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone else's—you just need to find your voice.

*Express Yourself* offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create positive interactions with others and deal with difficult emotions that can arise from bullying or dealing with mean girls. The book also provides easy-to-use strategies that will boost your self-esteem and confidence, and you'll discover tons of assertive communication skills you can use every day, including how to speak up when you are upset, asking for what you want in a clear assertive manner, and coping when intense emotions threaten to take over and sabotage your relationships.

In our modern world of social media and texting, strong communication skills are needed more than ever. This book will not only give you the tools needed to speak up in everyday or difficult situations, but it will also provide powerful advice for effectively communicating in the digital world.

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Nowadays reading books become more than want or need but also be a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge your information inside the book that improve your knowledge and information. The data you get based on what kind of guide you read, if you want attract knowledge just go with training books but if you want experience happy read one with theme for entertaining including comic or novel. The actual Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) is kind of book which is giving the reader erratic experience.

#### **Frederick Palazzo:**

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to test look for book, may be the reserve untitled Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) can be excellent book to read. May be it may be best activity to you.

#### **Gail Delamora:**

Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to place every word into satisfaction arrangement in writing Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information can easily drawn you into fresh stage of crucial considering.

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