

an instant help book for teens

the self-esteem workbook for teens



activities to
help you build
confidence and
achieve your goals

*** stop** putting
yourself down

*** accept** who
you are

*** leave**
insecurity
behind

LISA M. SCHAB, LCSW

Self Esteem Workbook For Teens

Lisa M. Schab



Self Esteem Workbook For Teens:

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