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Charge Up Your Life Workbook for Teens and Young Adults: 6 Effective Tools to Build Confidence, Make Friends, and Be Happy (Paperback)

By PH.D. Ellen M Diana, Ed.D. Connie M Leach

Wheatmark, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Charge Up Your Life Workbook for Teens and Young Adults: 6 effective tools to build confidence, make friends, and be happy is a great tool for parents, grandparents, teachers, counselors, and any other adults who work with young people. Use the information in this book to guide teens on their way to achieving all the love, happiness, and success they deserve in their lives. This book is an essential tool to help teens and young adults recognize their strengths so they can showcase them, identify the barriers that keep them stuck and dissatisfied with their lives, and discover the solutions to their personal challenges. It teaches the six skills teens and young adults need to make friends, achieve success, and be happy, and helps them communicate and work well with others. Using simple activities and related stories, teens and young adults learn in this book how to build confidence, manage stress, maximize on their potential, cultivate relationships, maintain boundaries, and think positively. Authors Ellen Diana and Connie Leach are the coauthors of several other books in the Charge Up Your Life series: Charge...



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