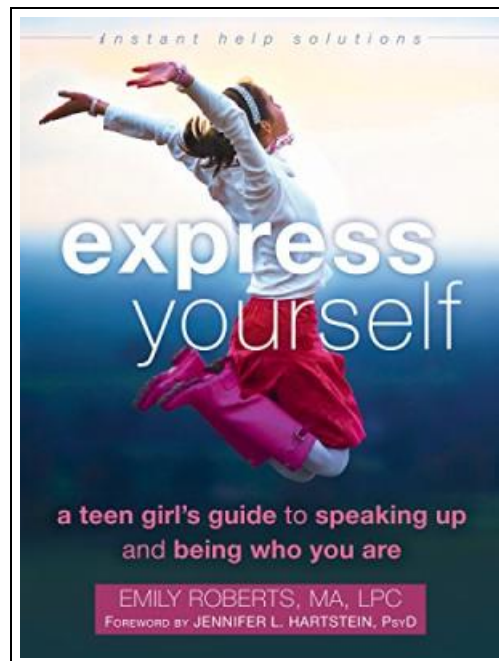


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New Harbinger Publications, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. If you are like many teen girls, you may feel pressure to be nice, rather than assert your opinions. You may even fear being called bossy or pushy when speaking your mind or offering a different point of view. But 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-you just need to find your voice. Using techniques based in proven-effective dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT), this book will show you how to have positive interactions with others, deal with difficult emotions that can arise from bullying or dealing with mean girls, and easy-to-use strategies that will boost your self-esteem and confidence. You'll also 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 the age 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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