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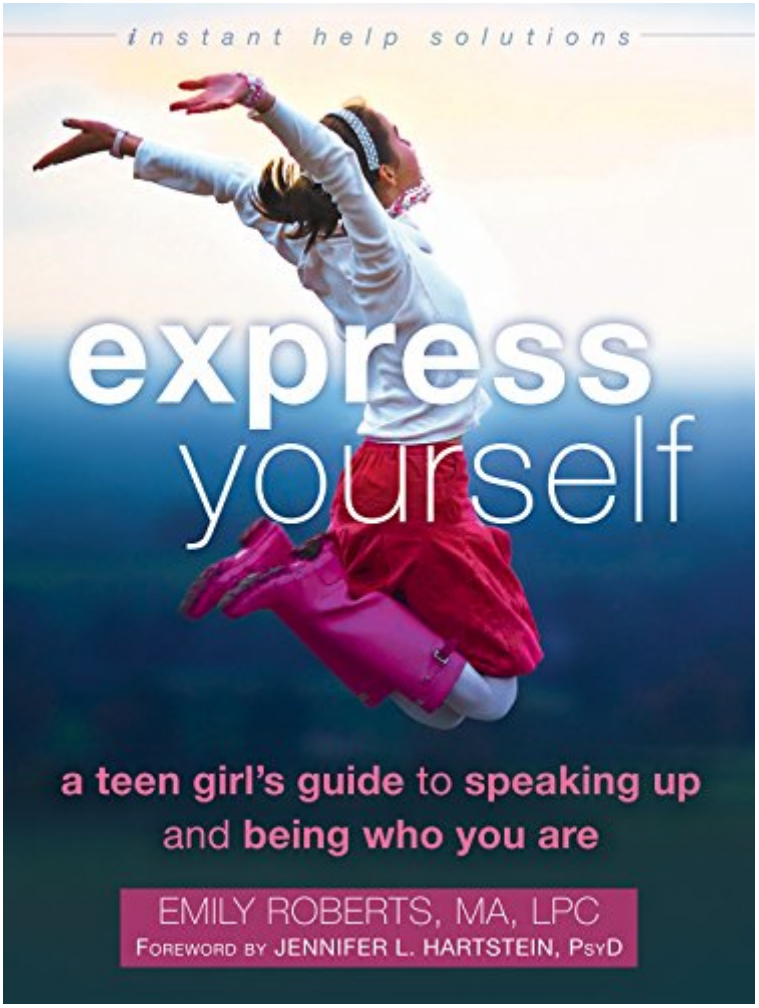
Express Yourself: A Teen Girl's Guide To Speaking Up And Being Who You Are (The Instant Help Solutions Series)



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Synopsis

Being a teen girl isnÃ¢â ¬â„¢t easyÃ¢â ¬â •so learning skills to feel confident is key!
InÃ Â Express Yourself, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether itÃ¢â ¬â„¢s online or at school, with friends, parents, bullies, cliques or crushesÃ¢â ¬â •any tricky situation life throws yours 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. DonÃ¢â ¬â„¢t let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone elseÃ¢â ¬â„¢sÃ¢â ¬â •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 youÃ¢â ¬â„¢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.Ã Â Ã Â 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.

Book Information

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Customer Reviews

If you havenÃƒÂ¢Ã â ¬Ã â„¢t figured out how to talk to your daughter in a way that she can hear about sexting, cyber-bullying, romantic relationships, and the like, Express Yourself may be the solution. Targeted at teen-aged girls, the book is about learning to be assertive, and how to do so in a range of situations relevant to adolescent life. Packed with realistic scenarios that girls face on a day to day basis, Emily Roberts supplies practical ÃƒÂ¢Ã â ¬Ã â œ and wise ÃƒÂ¢Ã â ¬Ã â œadvice on how to navigate the complicated terrain of school, friendship and love. Considering situations ranging from peer pressure to questions about the appropriateness of nude photo in a digital world, the book presents a practical road map for dealing with realistic situations. So, if there is a young woman in your life, this book might be exactly what she needs.

This is a phenomenal read for teen girls to get in touch with their self-respect and communication skills. Ms. Roberts has created a roadmap that is simple and current for young women to "become the director of their own lives" via applicable life situations and easy to follow scripts. She sprinkles her chapters with inspiring quotes from present-day, intelligent young female role-models and walks the teen reader through scenarios such as dealing with drama at school, home and heartbreak. Professionals will love this book due to the practical DBT/mindful structured exercises and parents will appreciate the topics Ms. Roberts helps teens tackle- such as how to collaborate with them on social media, sibling rivalry, and homework. Absolutely a book I will recommend to my clients!

Emily really knows her audience. She speaks "teen" and does it in a way that is engaging and educational. Her book gives many examples of how to deal confidently with peers and parents. It’s interactive, and a fun read. Highly recommend!

This book is so relatable. I wish I had this book when I was a teen.

I love this book! Emily Roberts addresses her readers as the intelligent young women that they are, teaching them how to take control of their lives and navigate tricky relationships they face with both peers and adults. Without trivializing the trials of teenage years, she provides guidance and practical strategies to handle difficult situations with grace, to navigate relationships without sacrificing themselves. Assertiveness is the focus of this book, a skill all girls and women need!

My daughter has a shyness issue, she is know 13 and I hope thus book along with my motivation and guidance, she can start to bteakbout of her shell, she has connected with thus book and we know make it a weekend ritual to read at Starbucks, so far a great book

Highly recommend for all adolescents and teens! What a great resource! Easy to read and quick simple solutions for today’s technology world teens live in. Look forward to handing out to my clients as a great resource and confidence builder book!

As a Registered Nurse, I feel this book is the perfect gift for any teenage girl. Being assertive is the single most important skill to learn and practice as a young woman in today’s world. This guide outlines the ways to get what you want out of life while becoming a responsible, productive young adult.The book is well written in the vernacular of the teenage girl and easily understood by people of all ages. I found the central theme of "becoming the director of your own life" to be a brilliant metaphor; parents become producers, friends become cast of characters, and even though you "call the shots", it is easy to get caught up in others opinions and manipulations.Emily Roberts MA LPC does a superb job in defining the role that we should all play in our lives, with real life scenarios that are easily relatable to life. All teens must read this book! It prepares young women to be assertive and confident in today’s high stress, high drama, high tech world.Each chapter has its own directors notes, with little hastagable quotes such as, "Your future depends on the decisions you make today. Don’t look back in regret. #ExpressYourself". These notes sum up the chapter and reiterate the need for strength and assertiveness no matter what life can throw at us.I feel that reading this as a teenager will benefit them all throughout their adolescence. Both an 11 year old and a 20 year old can relate to its scenarios. I felt myself relating and learning from the book even at age 28. It is a terrific resource for girls to turn back to when they have a tough decision to make (there are step by step guides to write their script for different situations).If you are a teen girl, or if you have a daughter/neice/granddaughter/goddaughter/cousin who is a teen, do not hesitate. This book will be

cherished and re-read for years because of its practical applications in so many situations.

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