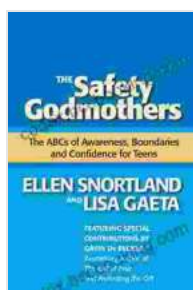


# The ABCs of Awareness, Boundaries, and Confidence for Teens: A Life-Changing Guide

## Empowering Teens to Thrive in a Complex World

Adolescence is a time of immense growth and transition, but it can also be a period of uncertainty and challenges. 'The ABCs of Awareness, Boundaries, and Confidence for Teens' is an invaluable resource that provides teenagers with the tools they need to navigate the complexities of modern life and emerge as confident, self-assured individuals.



### The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens by Ellen Snortland

★★★★☆ 4.9 out of 5

Language	: English
File size	: 857 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 282 pages
Lending	: Enabled



Written by Dr. Michelle Borba, a leading expert in child development and parenting, this comprehensive guidebook covers a wide range of topics essential for teen well-being, including:

- Understanding their emotions and developing emotional intelligence
- Setting healthy boundaries with peers, family, and romantic partners

- Building resilience and coping with stress
- Cultivating body positivity and self-esteem
- Navigating social media and online interactions
- Making responsible decisions and avoiding risky behaviors

## **Interactive Exercises and Real-Life Scenarios**

'The ABCs of Awareness, Boundaries, and Confidence for Teens' is not just a book to be read passively; it is an interactive experience that encourages teens to engage with the material and apply it to their own lives. Each chapter includes thought-provoking exercises, quizzes, and real-life scenarios that help teens explore key concepts and develop practical skills.

Dr. Borba draws on her extensive experience as a clinical psychologist to provide teens with practical advice and support. She shares real-life examples and case studies to illustrate the importance of awareness, boundaries, and confidence in navigating the challenges of adolescence.

## **A Must-Read for Parents and Educators**

While 'The ABCs of Awareness, Boundaries, and Confidence for Teens' is primarily written for teenagers, it is also an invaluable resource for parents, educators, and anyone who works with young people. This book provides a deeper understanding of the emotional and social challenges facing teens and offers practical strategies for supporting their growth and development.

By empowering teens with the knowledge and skills contained within this book, we can help them build a strong foundation for success, well-being, and lifelong fulfillment.

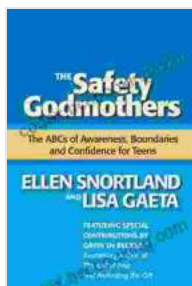
## Free Download Your Copy Today

Give the gift of empowerment to a teen in your life. Free Download your copy of 'The ABCs of Awareness, Boundaries, and Confidence for Teens' today and invest in their future success.

Buy Now

## About the Author

Dr. Michelle Borba is a renowned child development expert, author, and speaker. She is the author of numerous best-selling books on parenting and education, including 'UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World' and 'Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine.' Dr. Borba's work has been featured in major media outlets such as The New York Times, The Washington Post, and CNN.



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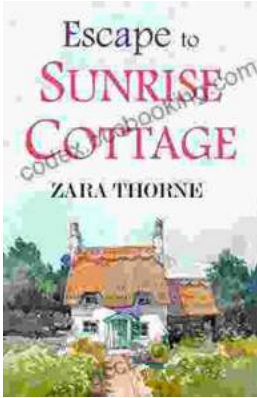
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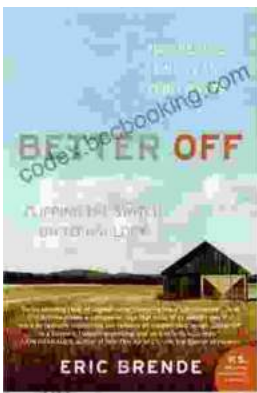
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