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

*Emily Roberts*

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**Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series)** Emily Roberts
**Being a teen girl isn't easy—so learning skills to feel confident is key! In *Express Yourself*, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether it's online or at school, with friends, parents, bullies, cliques or crushes—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. Don't let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone else's—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 you'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.

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.

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Information is provisions for folks to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a problem. What people must be consider when those information which is within the former life are hard to be find than now is taking seriously which one is suitable to believe or which one the particular resource are convinced. If you obtain the unstable resource then you buy it as your main information you will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are (The Instant Help Solutions Series) as your daily resource information.

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