



Self Confidence for Teens: How to Improve Self Confidence in Teenagers (Paperback)

By Dan Miller

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Confidence is an integral aspect in the growth and development of teenagers. Teen self-esteem attains its peak at the age of around 15 to 16 years. Depending on how the parents, guardians and the community as a whole handle the teenagers at this point, their confidence level may either plummet or rise. Self-esteem is generally related to how we perceive and feel about ourselves in terms of our abilities and attributes. Contrary to the beliefs of many people, teen confidence is deeply rooted and taps into the pre-teen years. A child who was mistreated and exposed to physical abuse at an early age may easily develop a low self-esteem all throughout his/her teenage years. At the pre-teen level, the barometer for self-worth focuses on physical attributes. This is why it is common to find a child who is short, yellow skinned or fat, having low self-esteem. The earlier the teenagers are taught on how to believe in themselves and seek for ways of self-improvement the better their foundation will be in terms of self-confidence. The parents and the society...

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