

13 Ways to Boost Teen Self-Esteem

author: Jay Patton

2026-06

Synopsis

author	Jay Patton
readBy	Helpful Matthew
inLanguage	english

Do you worry a lot about what other people think of you? Do you find yourself avoiding certain people or situations?

If you™d describe yourself as someone who prefers to keep a low profile or not rock the boat, then you might actually be struggling with low self-esteem.

If your palms get sweaty and your mind goes blank when others confront you, you might actually be dealing with social anxiety.

Being a teen is not easy. These years of growing both physically and mentally leave many, if not most, teenagers feeling sorely inadequate. You™re not alone. But that doesn™t mean that you have to just accept that feeling of being œlesser thanœ.

You don™t have to walk through life with your head down. You are likable. You are valuable. You have something to contribute.

Overcoming social anxiety and low self-esteem is not easyœbut it is life-changing. It™s absolutely worth the time and effort it takes to become the best version of yourself. But how do you do it?

Inside *13 Ways to Boost Teen Self-Esteem*, learn how to:

- diffuse the perceived power others hold over you
- improve your communication skills, verbal and nonverbal
- evaluate whether you™re dealing with a friend or foe
- stop negative thoughts in their tracks
- set goals to help you move forward
- banish fear of speaking and act with confidence

And much, much more!

This engaging guide will help you recognize and celebrate your strengths, all while being aware of your weaknesses. Use this newfound information to your advantage to take calculated risks, capitalize on a growth mindset, and motivate yourself to take action!

13 Ways to Boost Teen Self-Esteem contains real-life stories from relatable teens and valuable, actionable advice.

It™s time to believe in yourself and what you have to contribute to the world!

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

comment 1:

â€"â€" ()