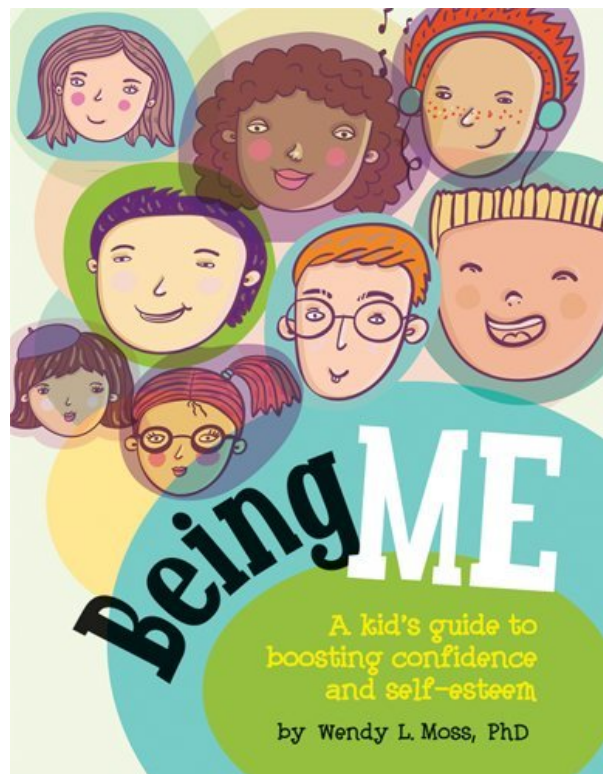
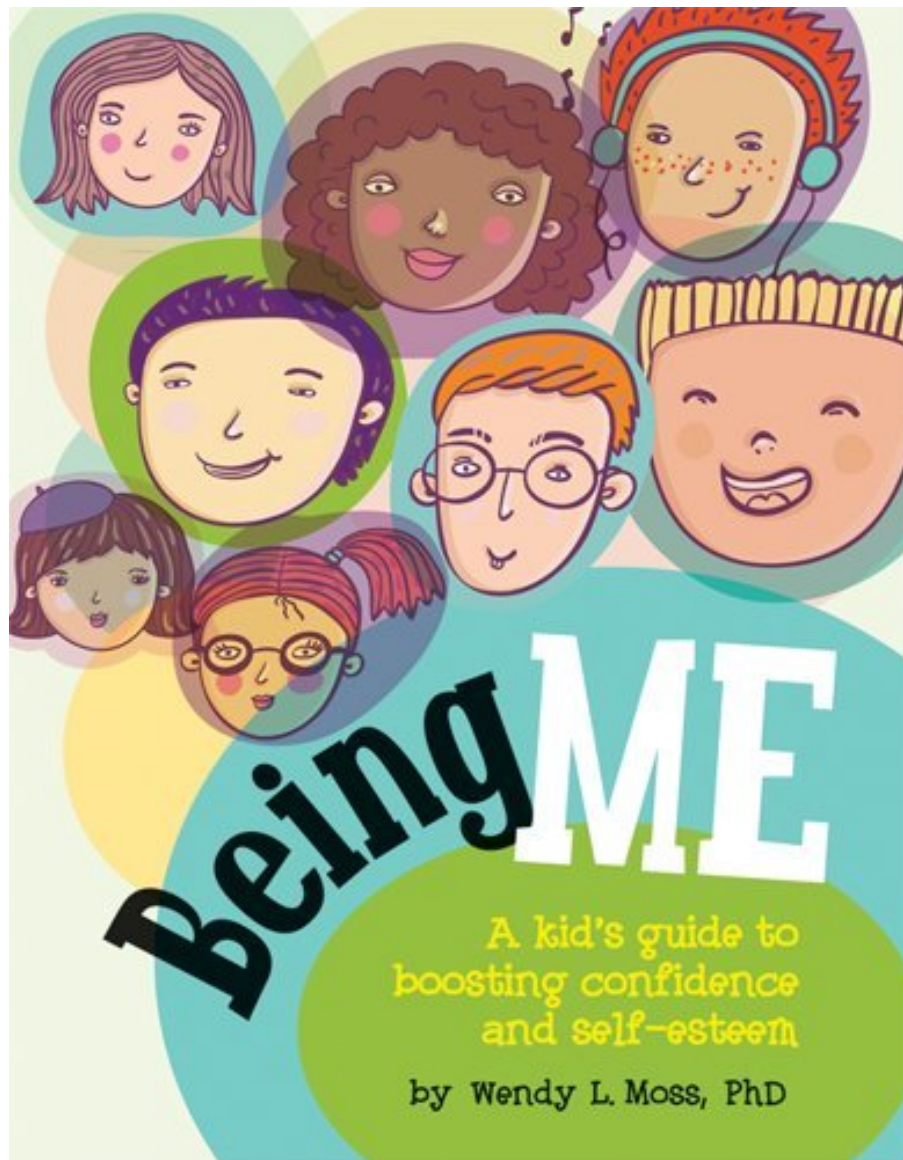


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CONFIDENCE AND SELF-ESTEEM BY
WENDY L., PH.D. MOSS**



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A Kids Guide to Boosting SelfConfidence and SelfEsteem. Tools kids need to explore their strengths and be confident in school with friends and importantly, with themselves.

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41 of 43 people found the following review helpful.

Not as readable and interactive as I expected

By Scs255

I am a school counselor and I was looking for a workbook with activities to help work on students' confidence and self esteem. I guess I misunderstood what this book was- It's written in a kind of textbook format. It has stories and anecdotes to make it more readable, and the concepts are explained really well. As an adult, I found it helpful! But I can't imagine sitting with an 8-13 yr. old and getting through a book that is long and at points can be a bit of a tedious read. Perhaps if it was done only a bit at a time it might work.. Overall, if what you're looking for is a thorough analysis and explanation of confidence and self esteem for

kids, this book does a good job of that.

18 of 18 people found the following review helpful.

Easy Reading -- Covers Extremely Important Topics for Kids

By AdventurousSpirit

I wish this book was around when I was a kid. In a conversational manner, this author communicates specific tools that kids can use to feel better about themselves and about how they relate to others. There are also examples of how kids have already addressed issues of confidence and self-esteem. It is a book that parents and kids may even want to read together to discuss the key points.

15 of 15 people found the following review helpful.

Wonderful book for both kids and adults!

By Behavart

This book gives concrete ways that kids can begin to feel better about themselves. The vocabulary and writing style captivate young people (it's for ages 8-13). The graphics are beautifully done too. While this book is great to help kids, it can actually make adults think about their own confidence level and ways to improve it. A must buy!

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