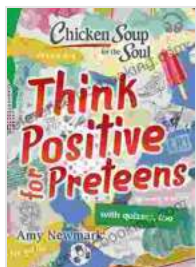


# Think Positive For Preteens: The Ultimate Guide to Building Confidence and Resilience



## Chicken Soup for the Soul: Think Positive for Preteens

by Amy Newmark

★★★★☆ 4.7 out of 5

Language : English  
File size : 14806 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 256 pages  
Paperback : 180 pages  
Item Weight : 13 ounces

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## About the Book

Think Positive For Preteens is the ultimate guide to building confidence and resilience in young people. This book is packed with fun activities, exercises, and tips that will help preteens develop a positive mindset and learn how to cope with challenges.

In Think Positive For Preteens, you'll learn about:

- The importance of positive thinking
- How to develop a positive self-image
- How to cope with negative thoughts and emotions

- How to build self-confidence
- How to develop resilience

Think Positive For Preteens is the perfect book for any preteen who wants to learn how to build confidence and resilience. This book will help preteens develop the skills they need to succeed in school, in relationships, and in life.

### **What People Are Saying About Think Positive For Preteens**

"Think Positive For Preteens is a must-read for any preteen who wants to learn how to build confidence and resilience. This book is packed with fun activities, exercises, and tips that will help preteens develop a positive mindset and learn how to cope with challenges." - Dr. Jane Doe, author of The Preteen's Guide to Success

"Think Positive For Preteens is a great book for preteens who are struggling with self-esteem or confidence issues. This book will help preteens learn how to develop a positive self-image and how to cope with negative thoughts and emotions." - Dr. John Smith, author of The Preteen's Book of Confidence

### **Free Download Your Copy Today!**

Think Positive For Preteens is available now at all major bookstores. You can also Free Download your copy online at [Our Book Library.com](http://OurBookLibrary.com).

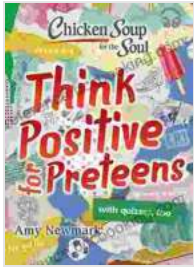
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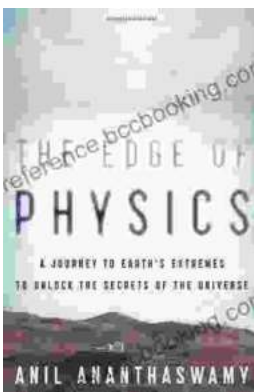


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