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" Conquer Negative Thinking for Teens gives families the tools to change negative thought patterns that contribute to anxiety, depression, and low self-esteem. It provides relatable examples and fun exercises that give teens control over their thoughts and emotions. Every teenager (and parent of a teen) needs to read this book!"

Conquer Negative Thinking for Teens: A Workbook to Break ...
Another helpful book on this subject is Conquer Negative Thinking for Teens by Mary Alvord and Anne McGrath. It's a workbook to help kids gain control of their negativity. For more help with getting your children to be flexible and keep trying, read my article about developing a growth mindset.

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Conquer Negative Thinking for Teens | NewHarbinger.com
The Conquer Anxiety Workbook for Teens includes: Anxiety Disorder: Understand the root causes of anxiety; Social Anxiety Disorder: Understand why an individual is usually afraid of making mistakes and being in public; Negative Thoughts: Understand why our mind is pervaded by negative thoughts and how to conquer them; Shyness: How to increase self-esteem to feel confident; Exercises for the understand your body and your mind so as to ...

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