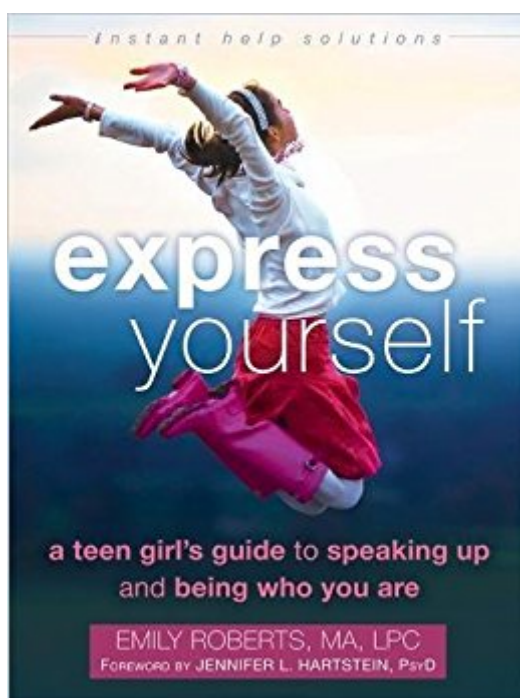


The book was found

Express Yourself: A Teen Girl's Guide To Speaking Up And Being Who You Are (The Instant Help Solutions Series)



Synopsis

Winner of a Foreword Reviews® 2015 INDIEFAB Book of the Year Award for Young Adult Nonfiction Being a teen girl isn't easy—so learning skills to feel confident is key! In *Express Yourself*, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether it's online or at school, with friends, parents, bullies, cliques or crushes—any tricky situation life throws your way. Many teen girls feel pressured to be nice, rather than assert their opinions. They may fear being called bossy or pushy when speaking their mind or offering a different point of view. If you have ever stopped yourself from expressing your opinion, you know how bad it can feel afterward. Don't let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone else's—you just need to find your voice. *Express Yourself* offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create positive interactions with others and deal with difficult emotions that can arise from bullying or dealing with mean girls. The book also provides easy-to-use strategies that will boost your self-esteem and confidence, and you'll discover tons of assertive communication skills you can use every day, including how to speak up when you are upset, asking for what you want in a clear assertive manner, and coping when intense emotions threaten to take over and sabotage your relationships. In our modern world of social media and texting, strong communication skills are needed more than ever. This book will not only give you the tools needed to speak up in everyday or difficult situations, but it will also provide powerful advice for effectively communicating in the digital world.

Book Information

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Customer Reviews

“Emily Roberts’s *Express Yourself* nails the beauty and complexity of girl’s world. This much-needed book is packed full of wisdom to help young women navigate and normalize their teen years with bravery and confidence.” —Julia V. Taylor, MA, author of *The Body Image Workbook for Teens*, *Salvaging Sisterhood*, and *Perfectly You*, and coauthor of *G.I.R.L.S. (Girls in Real Life Situations)* and *The Bullying Workbook for Teens*

“Emily Roberts has created a manual that can be useful to every adolescent girl. This book fills a void for girls struggling to manage difficult interpersonal relationships, and provides essential strategies for improving these relationships, as well as managing emotions during the challenging transition of adolescence. This is a great resource for adolescents, as well as for parents and professionals.” —Dr. Drew Pinsky

Understanding, responding to, and managing social relationships can be complicated for teenagers. In *Express Yourself*, Emily Roberts breaks down the barriers with actionable tips and advice every teen needs. From e-mail etiquette to social media and dating, Roberts offers sage advice teens can relate to. Written for teens yet valuable for parents, this is a coffee table book to leave around your home in the event your teen needs guidance she is hesitant to seek from you. Confused? Frustrated? Overwhelmed? Afraid? Just ask Emily. Then *Express Yourself*.

—Lynne Kenney, PsyD, mom to two teens, pediatric psychologist, international speaker, and coauthor of *Bloom: 50 Things to Say, Think, and Do with Anxious, Angry, and Over-the-Top Kids*

Emily Roberts’s *Express Yourself* is the ideal combination of humor, real talk, and research from which every girl can benefit. This book reminds young women of their power and influence, all while providing tried and true strategies for how to be the happiest, healthiest, best versions of themselves. It’s fun, practical, and most definitely worth the read.

—Lexie Kite, PhD, codirector of Beauty Redefined Foundation

Express Yourself is exactly what the confidence conversation needs. With its great communication tools, helpful and rewarding exercises, and abundant opportunities for self-reflection, this book offers teens the tools they need to tackle life and all the obstacles that come with it.

—Jess Weiner, author and self-esteem expert

In short, *Express Yourself* is excellent. Roberts provides practical skills and assertiveness-building exercises for teen girls; an audience who so desperately needs more voices telling them how to effectively stand up for themselves and why it’s important

to do so. Any girl who reads this will walk away with new positive communication techniques to implement in her life. — Ami Kane, MPA, development director at the Girls Empowerment Network (GENaustin); Express Yourself feels like a conversation with someone who really gets you; that wise and compassionate friend whose advice is always on target. It serves as a road map for teens to learn to take up space with their voice. That is a concept society works very hard to get girls to unlearn, but thankfully Roberts created a phenomenal guide to keep them in the practice of speaking their truth. Parents and educators will find this book to be a wonderful resource for the girls they care about as they transition into outspoken, confident young women. — Melissa Atkins Wardy, speaker, consultant, business owner, and author of Redefining Girly

Emily Roberts, MA, LPC, is not your average psychotherapist. She splits her time between working in New York City and Austin, Texas. She has positioned herself as both a mental health expert and liaison between girls and their parents, with an emphasis on healthy and effective communication skills. She created The Guidance Girl as a brand to help girls, women, and parents feel confident and gain the skills they need to live happy and healthy lives. — Emily is aware of the challenges faced by both teens and women, and has built a practice by positioning herself as therapeutic mentor and consultant. Emily is a media contributor and is a regular guest on HLN's Dr. Drew on Call, educational speaker, author of several blogs and articles including HealthyPlace.com's Building Self-Esteem Neurologistics Corporation. You will find Emily leading groups for girls as young as five and as old as 40, as well as parents and educators on topics including: technology, self-esteem, trauma, dialectical behavior therapy skills (DBT), confidence, leadership, friendship skills, and stress reduction activities with an emphasis on creating healthy boundaries with technology. Roberts's book, Express Yourself, is winner of a Foreword Reviews's 2015 INDIEFAB Book of the Year Award for Young Adult Nonfiction. — Foreword writer Jennifer L. Hartstein, PsyD, is the owner of Hartstein Psychological Services, a group psychotherapy practice in New York, NY. Hartstein works with children, adolescents, and families with a wide range of psychological diagnoses, and specializes in the treatment of high-risk children and adolescents. She has received intensive training in adolescent suicide assessment, and has specialized in this population for several years, using a variety of treatment approaches, including dialectical behavior therapy (DBT). She is on the advisory board for MTV's A Thin Line, which focuses on the digital behaviors of today's young people. — Additionally, she is a psychological contributor for NBC's Today Show, as well as other national news outlets.

Hartstein is author of *Princess Recovery: A How-To Guide to Raising Strong, Empowered Girls Who Can Create Their Own Happily Ever Afters*.

If you haven't figured out how to talk to your daughter in a way that she can hear about sexting, cyber-bullying, romantic relationships, and the like, *Express Yourself* may be the solution. Targeted at teen-aged girls, the book is about learning to be assertive, and how to do so in a range of situations relevant to adolescent life. Packed with realistic scenarios that girls face on a day to day basis, Emily Roberts supplies practical and wise advice on how to navigate the complicated terrain of school, friendship and love. Considering situations ranging from peer pressure to questions about the appropriateness of nude photo in a digital world, the book presents a practical road map for dealing with realistic situations. So, if there is a young woman in your life, this book might be exactly what she needs.

This is a phenomenal read for teen girls to get in touch with their self-respect and communication skills. Ms. Roberts has created a roadmap that is simple and current for young women to "become the director of their own lives" via applicable life situations and easy to follow scripts. She sprinkles her chapters with inspiring quotes from present-day, intelligent young female role-models and walks the teen reader through scenarios such as dealing with drama at school, home and heartbreak. Professionals will love this book due to the practical DBT/mindful structured exercises and parents will appreciate the topics Ms. Roberts helps teens tackle- such as how to collaborate with them on social media, sibling rivalry, and homework. Absolutely a book I will recommend to my clients!

Emily really knows her audience. She speaks "teen" and does it in a way that is engaging and educational. Her book gives many examples of how to deal confidently with peers and parents. It's interactive, and a fun read. Highly recommend!

This book is so relatable. I wish I had this book when I was a teen.

I love this book! Emily Roberts addresses her readers as the intelligent young women that they are, teaching them how to take control of their lives and navigate tricky relationships they face with both peers and adults. Without trivializing the trials of teenage years, she provides guidance and practical strategies to handle difficult situations with grace, to navigate relationships without sacrificing themselves. Assertiveness is the focus of this book, a skill all girls and women need!

My daughter has a shyness issue, she is now 13 and I hope this book along with my motivation and guidance, she can start to break out of her shell, she has connected with this book and we now make it a weekend ritual to read at Starbucks, so far a great book

Highly recommend for all adolescents and teens! What a great resource! Easy to read and quick simple solutions for today's technology world teens live in. Look forward to handing out to my clients as a great resource and confidence builder book!

As a Registered Nurse, I feel this book is the perfect gift for any teenage girl. Being assertive is the single most important skill to learn and practice as a young woman in today's world. This guide outlines the ways to get what you want out of life while becoming a responsible, productive young adult. The book is well written in the vernacular of the teenage girl and easily understood by people of all ages. I found the central theme of "becoming the director of your own life" to be a brilliant metaphor; parents become producers, friends become cast of characters, and even though you "call the shots", it is easy to get caught up in others' opinions and manipulations. Emily Roberts MA LPC does a superb job in defining the role that we should all play in our lives, with real life scenarios that are easily relatable to life. All teens must read this book! It prepares young women to be assertive and confident in today's high stress, high drama, high tech world. Each chapter has its own director's notes, with little hashtagable quotes such as, "Your future depends on the decisions you make today. Don't look back in regret. #ExpressYourself". These notes sum up the chapter and reiterate the need for strength and assertiveness no matter what life can throw at us. I feel that reading this as a teenager will benefit them all throughout their adolescence. Both an 11 year old and a 20 year old can relate to its scenarios. I felt myself relating and learning from the book even at age 28. It is a terrific resource for girls to turn back to when they have a tough decision to make (there are step by step guides to write their script for different situations). If you are a teen girl, or if you have a daughter/niece/granddaughter/goddaughter/cousin who is a teen, do not hesitate. This book will be cherished and re-read for years because of its practical applications in so many situations.

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