



## Walking Tall: How to Build Confidence and be the Best You Can be

By -

Abrams, United States, 2008. Paperback. Book Condition: New. 216 x 132 mm. Language: English . Brand New Book.

Everybody wishes they had a bit more self-confidence. This Sunscreen title discusses the five main ways that we judge ourselves: by our sense of security, personal identity, relationship with family, academic standing/accomplishments and social successes. But there are also other important issues like body image and social anxiety and why we care so much about how the outside world views us. How to Be More Confident helps to explain these ideas and fears and most importantly, gives teens the encouragement they need.

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