



How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem

Cheryl M. Bradshaw

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Don't let your inner critic get in the way of being confident! *How to Like Yourself* offers a quirky, inspiring, and practical guide to help you overcome feelings of self-criticism, improve self-esteem, and be the true star in your life.

With all the pressures of school, friends, and dating, you're especially vulnerable to low self-esteem in your teen years. But often, the biggest threat to your confidence is your own inner critic—whose unrelenting negativity can result in feelings of inadequacy, depression, and anxiety. This must-have guide offers real ways to help you fight back, be kind to yourself, and move forward with confidence.

Inside, you'll learn the importance of self-forgiveness, accepting your faults, and how to focus on the things that make you awesome! You'll also learn strategies for defeating the dreaded ICK—the inner critic know-it-all who keeps knocking you down—and how to escape the common thought traps that hold you back from feeling good about yourself.

This book unlocks the mystery of the most important relationship you will ever have—the one with yourself! So, get ready to find your true inner voice. A kinder, gentler one that will support you as you reach for your goals and create the fabulous life you were meant to live!

How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem Details

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From Reader Review How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem for online ebook

Cristina Johnson says

Short and concise, and filled with many things that I needed to hear. I feel like after reading this book I now have to tools to pick myself back up when I fall down, and to be more resilient. And, of course, I now better understand how to like myself.

Tammy says

Really good book

Really good book very helpful
It really had some good tips
I would recommend this book to anyone
With low self esteem

Charlotte says

As advertised :)

Erika says

How to Like Yourself will help show your teenager, or even young adult how to change their inner voice and survive during the transitional years of adolescence.

Definitely highly recommended for all young readers.

I was fortunate to receive a complimentary copy through Good Reads First Reads

Carol Powell says

Practical and easy to follow steps to self acceptance. Written in a language teens would be comfortable with and be encouraged by in spite of their low self esteem. Very specific, slow and doable steps. Well written.

Lucy says

Bit repetitive in places but otherwise a really helpful book.

Kristy says

As the mom of a young teen perfectionist, she can come down hard on herself when her high achievement standards are not met, which can, oddly enough, lead to self dislike. I like that this book talks directly to teens on their level, though I have to say, it is a little sing songy and goofy in some parts, which feels like the audience should be 10 year olds, but likely the author is also trying to reach them too. It is an epidemic right now, self dislike and perfectionism. When a counselor-author explains how the brain and thought patterns work, it can be more believable by the teen reader than just mom giving her 'lame' advice. I have noticed a change in her, so that is saying something!

Susan says

I wanted to see if this would be a good book to recommend to my students. Overall, it was pretty good.

completelyoriginalusername says

How to Like Yourself is one of the most important books I have read in my life. It goes through the many ways you can learn to appreciate yourself. The book almost acts like it is a conversation, with humor and stories as if you were talking to a friend. The title is what grabbed my attention, along with my mom recommending this book to me, as liking myself is a problem I struggle with regularly. I will definitely read this again many times and look back to whenever I need to.

Alyssa Logan says

This book was absolutely amazing! It came out during a particularly difficult time in my life and I truly loved it. It was so helpful to have an author that was trying to talk to you, not down to you. I would recommend the book to anyone struggling with a mental health issue. We all have mental health, and we all need to take care of it. Thank you for creating such an honest, funny, and interesting book <3
