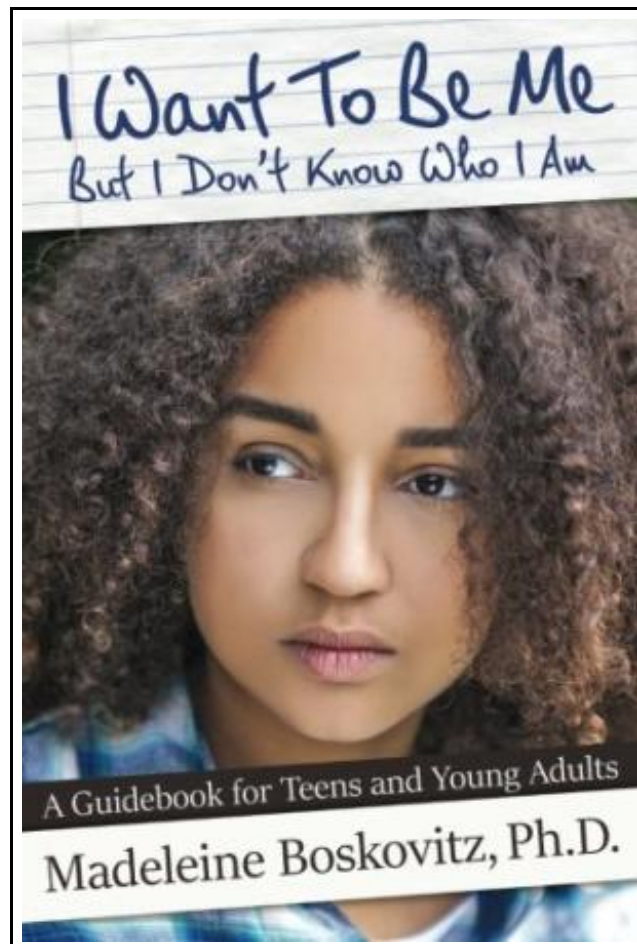


## I Want to Be Me But I Don t Know Who I Am: A Guidebook for Teens and Young Adults (Paperback)



Filesize: 5.65 MB

### **Reviews**

*Absolutely essential go through publication. Yes, it really is engage in, nevertheless an amazing and interesting literature. Its been developed in an exceptionally straightforward way and it is simply following i finished reading this publication through which actually changed me, change the way i really believe.*

*(Vergie Hyatt)*

## I WANT TO BE ME BUT I DON T KNOW WHO I AM: A GUIDEBOOK FOR TEENS AND YOUNG ADULTS (PAPERBACK)



Corymarc Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I WANT TO BE ME BUT I DON T KNOW WHO I AM A Guide Book for Teens and Young Adults I Want To Be Me But I Don t Know Who I Am were the words uttered by a young teen who was struggling with choices. Yet, they resonate with most teens and adults I have shared them with. This work began as an Identity Workshop given to teens in shelters and high schools when it was discovered that youths lacked self-awareness and the power to make conscious choices. When engaged in a gentle manner, the teens were surprisingly responsive to thinking about their life and motivated to comprehend their behavior and assume autonomy. Dr. Boskovitz, known as Dr. B. in this book, aims to engage all teens with a kind, conversational and respectful tone. There is no lecturing. Her approach helps build self-confidence in teens as it promotes awareness of self, of choices, and of possibilities available to them. The book also promotes privacy and the development of good personal boundaries - a skill so many teens need. She encourages them to engage in problem-solving and constructive self-management, offering information about normal development, essential skills, available help, as she guides teens on their path to personal success. She strives to assuage doubts and discouragement and promotes a positive attitude in teens and young adults. Dr. Boskovitz designed the Identity and Behavior Scales, to engage teens easily in their own self-examination. With these measures, teens experience greater awareness and understanding of their personal history; they can also identify wishes for their future and set short and long-term goals. Teens are encouraged to download the scales from the book s website and to use...

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