

KIDS-TWEENS

TEENS

PARENTS

TEACHERS



shykids Books

For Teens. Recommended by the shykid's staff.



[The 7 Habits of Highly Effective Teens : The Ultimate Teenage Success Guide](#)

by Sean Covey - A guide to help teens improve self-

image, build friendships, resist peer pressure, achieve goals, get along with parents, and much more. By Simon & Schuster.



[Shyness : A Bold New Approach : The Latest Scientific Findings, Plus Practical Steps for Finding Your Comfort Zone](#)

by Bernardo J. Carducci PhD - An insightful book filled with useful advice about childhood and adult shyness. Filled with many practical tips on overcoming shyness. Published by Harpercollins.



[The Me Nobody Knew : A Story of Triumph for All Girls](#)

by Shannon McLinden - The author shows how to master the small decisions in life. An inspiring book that shows girls how to focus on taking charge of their lives. Published By Lerner Publications Company.



[If...Questions for Teens](#)

by Evelyn McFarlane & James Sewell. So nervous you just can't think

what you think or what you want to say? This book will help with a list of hundreds of questions about families, fashion, fads and friends. Great to read alone, with your friends, teachers or at a party.

[Girl Power : Making Choices & Taking Control](#)

by Patty Ellis A self-help guide for teenage girls trying to build self-esteem and learn how to make wise decisions. Published by Momentum Books Ltd.

[The Days of My Life : A Journal for the Teen Years](#)

by Betsy McMahon - A good resource for teenage girls to read and reflect on many aspects of their life. Published by New Chapter Press.

Select Your Age Group

[Years 4-8](#)

[Years 9-12](#)

Teen Years

[Parents](#)

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[Grown-Ups](#) ■ [Books](#) ■ [Social Anxiety](#) ■ [Chit-Chat](#) ■ [Privacy Policy](#)

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