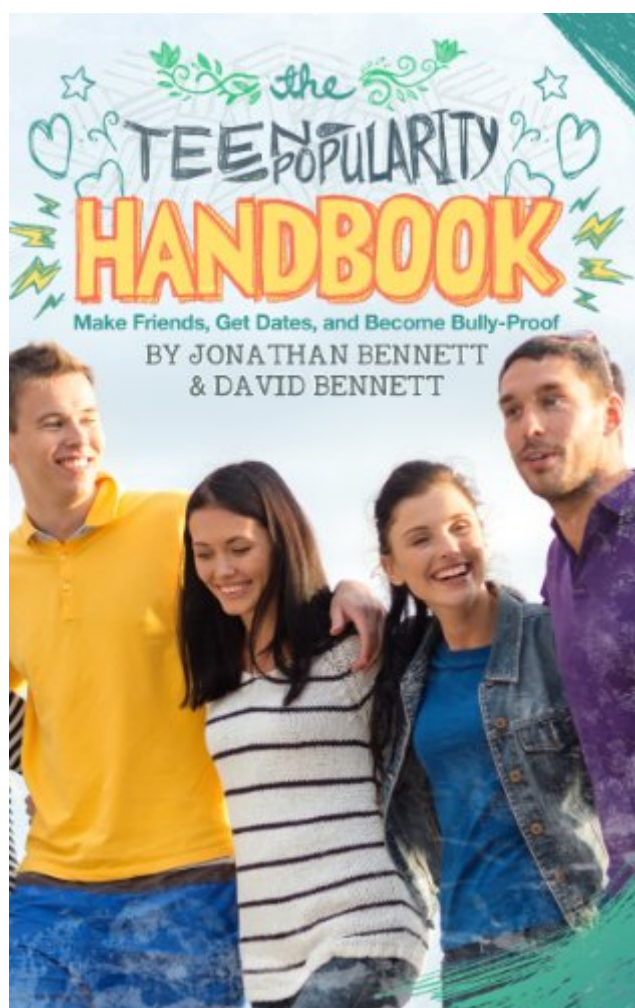


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# The Teen Popularity Handbook: Make Friends, Get Dates, And Become Bully-Proof



## Synopsis

Teens and Parents, Did You Know? Any teen can learn the social and leadership skills to become popular. When you're popular, life is exciting. Popular people are surrounded by close friends, fans, and secret admirers. They have the skills to form meaningful romantic relationships and rarely get bullied, because they have the confidence to stand up for themselves and others. They are leaders in the classroom, in extracurricular activities, and at work. Wouldn't it feel great to... Give a class presentation without anxiety?... Have the confidence and right words to ask that special someone to the dance?... Be able to read your crush's body language to know what he or she really thinks about you?... And communicate positively with everyone, including teachers, bosses, and college admissions officers? How would your life change if you replaced your feelings of loneliness, awkwardness, and frustration with happiness and self-confidence? But... Can you learn the social skills to be popular? Yes! Popular teens think and act in ways that make them loved and admired. This book reveals these scientifically-backed "popularity secrets" and makes learning these social skills and applying them in your life fun and easy. Don't worry, The Teen Popularity Handbook isn't going to turn you into a bully or a mean girl, but a confident, fun, and well-liked teen everyone wants to get to know. Also, since studies show that popular high-schoolers earn more money later in life than unpopular teens, the benefits of being popular never end. So, what are you waiting for? It's time to start your exciting transformation into a popular teen right now!

## Book Information

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## Customer Reviews

Even though I am not a teenager, I found this book interesting, and will recommend it for my teen relatives. The book is basically a 280 page handbook related to helping teens achieve something they desperately want: popularity. While every teen seems to want popularity, very few books or resources exist to help them achieve it. That is the main point of this book, that any teen can learn the social skills to be more popular. While a lot of teens think you're either born popular or you aren't, this book proves otherwise. Some of the tips involve changing a person's thoughts. For example, the book provides techniques to deal with anxiety, become more outgoing, and become more open to interacting with new people. One whole chapter is dedicated to reading and changing body language, to be able to understand others better, and also change your body language to appear more confident, relaxed, and open to a date. There are basic grooming and fashion tips too, so that a teen can look his or her best. There are also chapters devoted to approaching new people, getting to know them, and getting their contact information or social media information. The tips are grounded in scientific studies related to popularity, and even adults can learn. The book is fun and informative. The style is very relaxed and flows smoothly. While some of the tips are a little more advanced, the authors explain things in a way teens can understand. What struck me about this book is how positive it is. It is about giving teens the skills to welcome everybody into their circle of friends. This is not about how to be a jerk to be popular. In fact, the tips are designed to help shy and insecure teens resist bullying (there is even a lengthy appendix related to preventing bullying).

Great

As a teenager myself I've always felt a little tug of jealousy when I saw how happy the popular kids seemed to be. This book single handedly taught me how to climb to the top of the pack and join those lucky top dogs. It's clear, concise approach is very easy to understand and it doesn't bother trying to sugar coat anything which is a nice change from all the "be happy being yourself" help

books out there. However, rather than telling you to follow the crowd and just be the BEST at whatever trend or conventional measure people seem to appreciate (another common theme in other books on popularity), this book focuses instead on something I've even noticed first hand. That being popular comes down to being confident and powerful, the sort of person that people WANT to follow. I won't give any hints away (you'll just have to read it yourself) but each chapter gives you a different method for taking on this identity. After following this guide for a few weeks I've become much more confident and happy, and I get more attention and respect too. Though, once you get to a certain point of popularity, you can get a little tired of people following you.

I had my own battle with popularity as a teen so was somewhat torn when I ran across this book. I do have a teen now and want him to be confident and happy so I gave it a read. This is actually a wonderful guide to confidence and self-esteem for your teenager that I would highly recommend. Written in a way that should be very readable for teens, it takes a look at different social skills that are needed to make new friends and become a leader in a high school environment. The book also addresses such things as social media and bullying very well. A recommended read for any teen.

I've always been pretty popular and well liked, but also shy around strangers. When a friend of mine gave me this book, I was hoping I could improve my social skills going into college and my first job. It helped a lot. The writing style is conversational and entertaining. The tips are actually practical and I found myself using them daily to become more assertive, talk to new people, and be more confident socially. For example, the other day I went through the drive through and I noticed my order was wrong just as I was pulling out of the parking lot. Normally I would've been upset about it, but just accepted it and eaten food I didn't want. But, after reading this book, I decided that I would assert myself, so I parked and went in to tell them nicely that they got my order wrong and I ended up getting what I wanted. Another example is that I've sat beside the same woman for four months while training for a boating competition. This book inspired me to actually speak up and make friends with her. I'm really glad that I did. This book will be helpful for any teen who wants to make more friends, improve their ability to talk to new people, and be their best socially. I'm glad I took the time to read it. It changed my life and it'll change yours!

This book offers a lot of advice that has been offered to adults for years, but in a way that is easy to teens to relate to. My 14-year-old daughter read this to help her deal with problems she was having

with friends, She said there were some references she didn't get and thought it would appeal to a guy a little more, but it still gave her practical advice she could use. It seems to have helped because she hasn't had problems with her friends since she read it. I would recommend this book for any teen.

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