



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

By Madeleine Boskovitz Ph D

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...



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