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Overcoming Low Self-Esteem

By Melanie Fennell

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Low Self-Esteem, Melanie Fennell, A Books on Prescription Title Boost your confidence and change your life for the better Melanie Fennell's acclaimed self-help guide will help you to understand your low self-esteem and, armed with this knowledge, break out of the vicious circle of negative self-image, learning the art of self-acceptance and altering your life for the better. Explains the nature of low self-esteem and self-destructive thinking Describes what keeps low self-esteem going Explores how to identify your positive qualities and gain a more balanced view of yourself Contains a complete self-help program and monitoring sheets Based on clinically proven techniques of cognitive behavioural therapy.


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