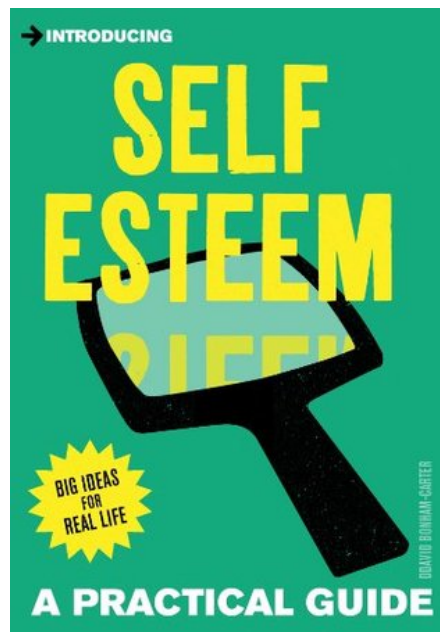




Introducing Self-esteem: A Practical Guide (Introducing...)

David Bonham-Carter

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This Practical Guide shows you how raising your self-esteem can make you feel better about yourself; let you stop you worrying about whether you are doing the right thing or whether you are good enough; help you engage in relationships constructively without putting yourself down and allow you to assert yourself effectively in all situations. Self-esteem has been shown to be a key indicator of success in life and in the work place. Filled with straightforward, practical advice, this guide shows you how to improve your self-esteem and stop worrying about what other people think.

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Can be helpful

As a clinician, I read this book thinking I could use a tune up on activities i work on with clients. I'm glad to see in already doing a lot of what's discussed here, and I got some new ideas for topics and exercise soft a group I run. Easy to read and understand.
