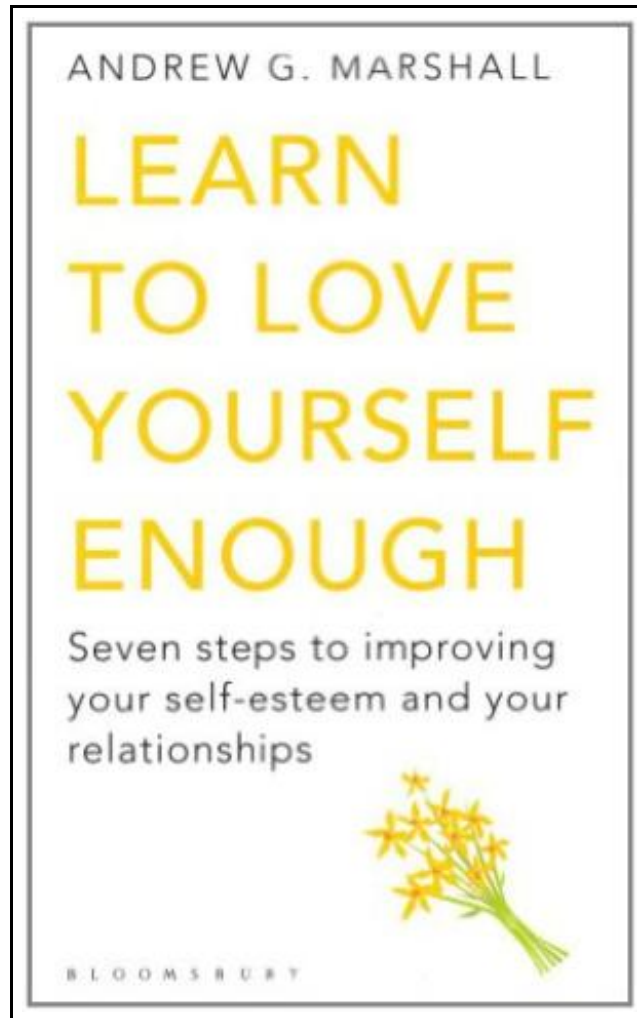


Learn to Love Yourself Enough: Seven Steps to Improving Your Self-Esteem and Your Relationships



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(Rebecca Bechtelar)

LEARN TO LOVE YOURSELF ENOUGH: SEVEN STEPS TO IMPROVING YOUR SELF-ESTEEM AND YOUR RELATIONSHIPS



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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Learn to Love Yourself Enough: Seven Steps to Improving Your Self-Esteem and Your Relationships, Andrew G. Marshall, Are you your own greatest critic? Do you have low self-esteem? Have you ever thought that if people knew the real you, that they would think less of you? Does life feel an uphill struggle because nobody - not even you - is truly on your side? If any of this sounds familiar, it is time to take a fresh look at the most important relationship of all: your relationship with yourself. In this thought-provoking book, marital therapist Andrew G Marshall looks at how to love yourself enough to make better relationships and how to stop zig-zagging between boosting yourself up (often to unsustainable heights) and becoming overly critical. He explains: - Why modern life is making it harder to have a balanced opinion of ourselves. - The types of thinking that sabotage and make life harder. - Why old pains can still cast a shadow today and how to make peace with your past. - How to develop a positive mind-set. - Increasing your self-confidence. (Some of the exercises in this book have appeared in *The Single Trap* by Andrew G. Marshall, published by Bloomsbury).



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