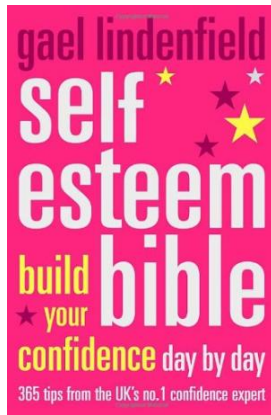


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## SELF-ESTEEM BIBLE: BUILD YOUR CONFIDENCE DAY BY DAY



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Self-esteem Bible: Build Your Confidence Day by Day, Gael Lindenfield, Learn the secrets of self-esteem with 365 tips from the UK's number one confidence expert Gael Lindenfield. Dip into this comprehensive self-help handbook as and when you need it or use it as a personal development plan. Includes advice on social life, work issues, relationships and much more. Poor self-esteem can sabotage relationships and careers, cause self-destructive behaviour and hold us back...

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