



Hold Your Head Up High

By Paul A. Hauck, Albert Ellis

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Hold Your Head Up High, Paul A. Hauck, Albert Ellis, Do you worry about what people think of you? Do you sometimes feel everyone else is more confident and more successful than you are? Do you wish you could forget about judging yourself all the time and get on with your life? Many people suffer from low self-esteem and find it difficult to believe in themselves - to believe they deserve respect and consideration. But people can change, and learn to accept themselves as they are, without relying on other people's opinions. Readers should be able to overcome the feelings of failure, embarrassment and anxiety that can hold them back. This book aims to help you to hold your head up high, be calm, confident and assertive, whatever happens to you.



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