



## An Introduction to Improving Your Self-Esteem

By Melanie Fennell, Leonora Brosan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Improving Your Self-Esteem, Melanie Fennell, Leonora Brosan, This is a new addition to the popular Introduction to Coping with series of CBT-based self-help booklets. Written by the author of the bestselling Overcoming Low Self-Esteem and the popular self-help title Overcoming Stress, An Introduction to Coping with Low Self-Esteem offers expert advice to anyone struggling with self-confidence. Includes helpful information on what causes and maintains low self-esteem and proven CBT strategies to beat it.



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