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How to Deal with Low Self-Esteem

Christine Wilding

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How to Deal with Low Self-Esteem Christine Wilding
Everyone can identify with feelings of uncertainty. To worry about our status in the world and to fear that we are not living up to our potential is a common and understandable concern. But when our self-esteem becomes low our our estimation of ourselves becomes over-critical, it is all too common to let negative feelings become a burden. If this sound familiar to you, this book will provide you with practical help to deal with and overcome the problem.

By picking this book up you?ve taken the first stride. Now, using the STEP system - a structured, CBT-based approach that delivers both support and proven techniques for defeating low self-esteem - you can begin to transform your daily life. Written by an expert author with many years of clinical experience, this book will help you get a better understanding of your sense of self, tackle negative thoughts and behaviour, and progress to a healthier, happier outlook - without fear of setbacks or relapse.

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