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Among many things, this practical guide shows you how raising your self-esteem can stop you worrying whether you are doing the right thing or whether you are good enough, help you engage in relationships constructively without putting yourself down, and allow you to assert yourself without worrying about others' opinions.

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Self-Esteem: A Practical Guide brings you easy-to-follow techniques for improving your self-image. It's packed with practices from CBT and related disciplines so you can achieve a realistic and positive view of yourself and live a happier and more successful life. FEEL BETTER and worry less. VALUE YOURSELF and overcome feelings of inadequacy.

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