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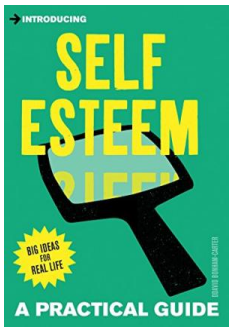
INTRODUCING SELF-ESTEEM: A PRACTICAL GUIDE



Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Self-Esteem: A Practical Guide, David Bonham-Carter, 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 GET MOTIVATED and unlock your potential COMMUNICATE EFFECTIVELY to maintain successful relationships.

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