



Overcoming Low Self-Esteem, 2nd Edition: A self-help guide using cognitive behavioural techniques (Paperback)

By Melanie Fennell

Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. 2 Rev ed. Language: English . Brand New Book. Overcoming app now available via iTunes and the Google Play Store. A thoroughly enjoyable read, and [I] would recommend trainee therapists read it also, as it will increase your understanding of the treatment of low self-esteem. BABCP MagazineLow self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts. It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead. It makes it hard to value and appreciate yourself in the same way you would another person you care about. Melanie Fennell s acclaimed and bestselling self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking. Using practical techniques from Cognitive Behavioural Therapy (CBT), this book will help you learn the art of self-acceptance and so transform your sense of yourself for the better. Specifically, you will learn: How low self-esteem develops and what keeps it going How to question your negative thoughts...



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