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DR MELANIE FENNELLS Overcoming Low Self Esteem Overcoming

DR MELANIE FENNELLS is the author of Overcoming Low Self-Esteem and Overcoming Low Self-Esteem Self-Help Course. She currently works as the Director of an advanced cogni-

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This book is a great tool to understand a lot about myself and is allowing me to help others overcome this strange curse called low self esteem. I really and truly hope the author gets the recognition she deserves for giving such a great contribution to today's society. Highly recommend it.

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Description of the book "Overcoming Low Self-Esteem": A Books on Prescription Title Boost your confidence and change your life for the better Melanie Fennell's acclaimed self-help guide will help you to understand your low self-esteem and, armed with this knowledge, break out of the vicious circle of negative self-image, learning the art of self-acceptance and altering your life for the better.

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Overcoming Low Self Esteem Melanie Fennell Book Review

Overcoming Low Self-Esteem by Melanie is an invaluable, practical guide to changing the negative core beliefs we have about ourselves using the practices and techniques of Cognitive Behaviour Therapy (CBT).

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Overcoming Low Self Esteem 2nd Ed by Melanie Fennell

Description. This book does away with the technical jargon that makes some self help books

inaccessible. Instead it s easy to read, well thought out progression takes the reader on a journey through various cognitive behavioral techniques that aims to get them past their low self esteem and get them thinking more positively about themselves.

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