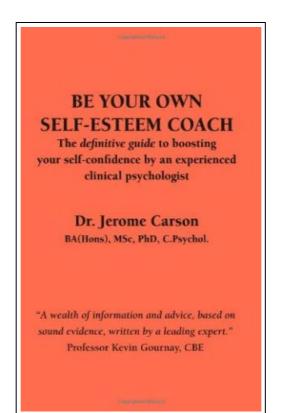
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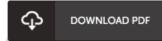
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BE YOUR OWN SELF-ESTEEM COACH: THE DEFINITIVE GUIDE TO BOOSTING YOUR SELF-CONFIDENCE BY AN EXPERIENCED CLINICAL PSYCHOLOGIST (PAPERBACK)



Whiting Birch Ltd, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Be Your Own Self-Esteem Coach guides readers through the field of self-esteem. The author explains the concept of self-esteem, shows how it develops in each of our lives and then how to enhance and maintain your self-esteem. From the book you will learn: .The two keys to boosting self-esteem. How to assess your level of self-esteem .How to enhance your level of self-esteem.How to maintain a healthy level of self-esteem . and more Self-esteem is at the heart of everything we do. Our level of self-esteem determines how much we get out of life, it affects our parenting, relationships and occupational success. Be Your Own Self-Esteem Coach shows how you can maximise your greatest asset. Yourself! Dr Jerome Carson is a clinical psychologist holding posts at the Institute of Psychiatry, King s College London, and the South London and Maudsley NHS Trust. He has been running self-esteem workshops since 1996 for health and social care professionals. He has co-edited three books and written or co-authored over 100 journal articles.

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