

OVERCOMING LOW SELF ESTEEM MELANIE FENNELLS PDF%0A

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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.

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Overcoming Low Self Esteem Overcoming

Low 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.

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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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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: Talks with Your Therapist. In this series of talks, author and internationally renowned self-esteem expert Dr Melanie Fennell describes how poor self-esteem develops and what keeps it going, and sets out effective strategies ba

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Overcoming low self esteem by Fennell Melanie J V

Dr Melanie Fennell is a founder member of the Oxford Cognitive Therapy Centre. She is now Director of the Oxford Diploma/MSc in Advanced Cognitive Therapy Studies. As a clinician she has a particular interest in cognitive therapy for depression and low self-esteem.

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