



Boost Your Confidence: Improving Self-Esteem Step-By-Step

By Melanie Fennell

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Boost Your Confidence: Improving Self-Esteem Step-By-Step, Melanie Fennell, Low self-confidence affects many of us from time to time and at its worst it can have a devastating impact on your life, preventing you from pursuing your dreams and leading the life you want to lead. Even in milder forms, it can impact on your relationships, studies, career, social life and home-life. By recognising what has caused your own low self-esteem and then starting to address negative thoughts and habits that have kept it low, you can gradually build your confidence. Improving your self-confidence will have an enormously positive effect on your life, allowing you to flourish and grow, and taking you a step closer to fulfilling your dreams and ambitions.



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