

Date:

# Depression & Low Self-Esteem

4.3 

Title: **Overcoming Low Self Esteem**

Author(s): **Fennel**

Publisher: **Robinson**

Year: **1999**

ISBN: **1854877259**

Depression & Low  
Self Esteem 4.3

- Uses cognitive behavioural techniques to give the reader coping skills to overcome low self-esteem
- Gives an introduction to low self-esteem and self-destructive thinking
- Offers advice on how to overcome low self-esteem by looking at:
  - How to deal with anxious predictions
  - How to tackle self-criticism
  - How to improve self-acceptance
- Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide

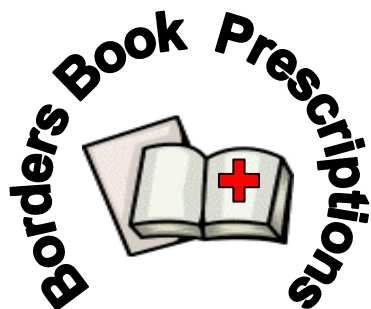
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