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Depression & Low Self-Esteem

4.4 

Title: **Self Esteem**

Author(s): **Lindenfield**

Publisher: **Element**

Year: **2002** ISBN: **0722540078**

Depression & Low
Self Esteem 4.4

For those who would like more self-confidence, this easy-to-read book describes simple steps to help the reader develop self-esteem and achieve their full potential.

Using practical exercises and case examples, it explores:

- Self-esteem and how to build it
- Strategies for emotional healing and self-protection
- How to break self-destructive habits
- How to maintain self-esteem
- How to build self-esteem in others

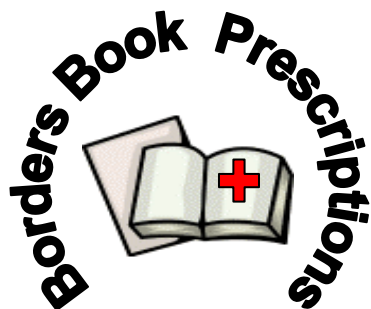
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