



# Boosting Self-Esteem For Dummies

*Rhena Branch, Rob Willson*

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*Boosting Self-Esteem for Dummies*

Learn to:

- Leave behind negative modes of thinking
- Understand the psychology of self-esteem
- Use a variety of effective techniques to build self-esteem for a happier and healthier life
- Give yourself a boost with cognitive behavioural therapy

## **Cognitive behavioural therapists**

### **Rethink your self-image and be comfortable in your own skin**

Fact: even individuals who radiate confidence on the outside can still have low self-esteem. Whether you're someone who puts on a front or a shy, retiring type who frets about what other people think, this practical guide can help you to conquer insecurities, get assertive and let your inner strength shine through. So what are you waiting for?

- Understand the theories – get to grips with what self-esteem means and how it affects your outlook
- Be honest with yourself – acknowledge your best bits (and your limitations) and identify the positive effects of your thoughts and actions
- Discover boosting techniques – banish feelings of inadequacy by indulging in exercises and hobbies that exhilarate you
- Give other people a break – understand when a compliment is a compliment and take criticism constructively
- Go all-out – reassess your day-to-day priorities and map out what you really want from life

### **Open the book and find:**

- Strategies for getting to the bottom of the real you
- Effective ways to record fluctuating moods and feelings
- CBT techniques for stimulating self-encouragement
- Advice on dealing with counter-productive comparisons
- Guidance on tackling social phobias, body dysmorphia and eating disorders
- Tips on maintaining self-discipline
- How to foster better relationships at home and at work

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#### **Richard Hunt:**

The reason? Because this Boosting Self-Esteem For Dummies is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

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