



60 Tips For Self Esteem

Lynda Field

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Positive self-esteem is vital for success and happiness. Anything is possible when we're feeling good about ourselves, just as everything seems beyond our reach when our confidence is low. Lynda Field's 60 Tips for Self-Esteem shows you how it is possible to assert yourself each and every day. Positive, upbeat and full of laughter, this book will help you:

- *Develop your self-esteem at home and work
- *Change negative self-beliefs
- *Be true to yourself
- *Be your own best friend

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