



The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths

Matthew McKay, Patrick Fanning, Carole Honeychurch, Catharine Sutker

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Self-esteem is an important part of leading a happy, fulfilling life. How we feel about ourselves affects every aspect of our lives, from the way we function at work, in love, and in sex, to the way we parent, to what we strive to achieve.

The Self-Esteem Companion is a step-by-step guide filled with straightforward and effective techniques to help you dramatically improve the way you think and feel about yourself. From the authors of the best-selling *Self-Esteem*, which has sold more than 700,000 copies, this collection of simple exercises will help you talk back to your inner critic, realistically assess yourself, and begin to celebrate your personal strengths.

With this step-by-step advice, learn to:

Break free from negative self-concepts and self-defeating behavior

Deal with mistakes, “shoulds,” and criticism

Gain self-acceptance and a sense of competence and belonging

Understand and overcome your limitations from the past

Feel more confident in personal and professional relationships

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Elvia Wirtz:

Often the book The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths has a lot info on it. So when you check out this book you can get a lot of advantage. The book was written by the very famous author. The writer makes some research ahead of write this book. This kind of book very easy to read you may get the point easily after perusing this book.

Charles Greiner:

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