



## 50 Tips To Build Your Self-Esteem

By Anna Barnes

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, 50 Tips To Build Your Self-Esteem, Anna Barnes, Having a healthy, positive sense of self-esteem and confidence enables us to avoid the obstacles that can hold us back and to really make the most of life, even when we face knockbacks. This book of simple, easy-to-follow tips provides you with the motivation, tools and techniques needed to feel better inside and out, making you a more confident and positive person.

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