



## Get the Self-Esteem Habit

*Christine Webber*

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Suffering from low self-esteem can negatively impact our lives in countless ways, whether it's holding us back from seeing our own worth, stopping us from putting ourselves forward for promotion or affecting our relationships, it's something that we can all suffer from in different ways. In *Get the Self-Esteem Habit*, psychotherapist Christine Webber explains the possible causes of our low self-esteem, and gives us practical and inspiring ways to overcome it.

## Get the Self-Esteem Habit Details

Date : Published September 3rd 2015 by Bloomsbury Reader (first published September 19th 2002)

ISBN :

Author : Christine Webber

Format : Kindle Edition 121 pages

Genre : Self Help



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## **From Reader Review Get the Self-Esteem Habit for online ebook**

### **Helen (TBC) says**

This is well written in a warm and accessible style which is well thought out and takes the reader through stages logically and ultimately helps them realise that low self esteem is a habit which can and should be addressed and overcome.

I've read a few of these types of book over the years and whilst there is nothing new in this one, for readers who have never purchased this type of book or looked on line for help, it should prove useful.

Thanks to Netgalley for the opportunity to read and review 6/10

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### **Alexisa Neely says**

Good book teaching you steps to become more aware of your own thoughts, how they influence your self-esteem, and how to work to correct them.

\*\*\*ARC kindly provided by the publisher via NetGalley in exchange for an honest review\*\*\*

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