



## Self-Esteem

*By Matthew McKay, Patrick Fanning*

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**Self-Esteem** By Matthew McKay, Patrick Fanning

Are you your own worst enemy?

Are you devastated by criticism? Do you have trouble telling your loved ones what you really need? If you said yes, you're a victim of low self-esteem.

Learn to be your own best friend!

This easy, step-by-step program can start changing that today! You can radically improve the way you feel about yourself and discover an attractive, confident, and happier you.

Discover:

simple exercises to focus on your good points

how to combat your critical inner voice

techniques to stop your "shoulds"--those damaging rules about how you "should" be

effective ways to deal with criticism

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