



Self-Esteem

By Matthew McKay, Patrick Fanning

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Are you your own worst enemy?

Are you devastated by criticism? Do you have trouble with 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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