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48 Self Esteem Activities for Women: Powerful Exercises for Overcoming Low Self Esteem Plus 50 Positive Affirmations on How to Love Yourself! (Paperback)

By Corinna Bowers

Createspace, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re a woman struggling with low self esteem, then you ve just found the right resource! The self-esteem activities in this book were designed by women s life coach Corinna Bowers who s used them with great success in her own life and in her work with clients. The activities are organized under the three main self-improvement categories that affect self-esteem: Developing Your Essence, Improving Your Connections, and Controlling Your Destiny. Each activity includes suggested action steps and an explanation of how it works on building self esteem. These exercises are practical and cover a wide range of self-esteem concerns including body image, self confidence, satisfaction, sense of self, feeling motivated, feeling connected, and many more. This book also contains 50 positive affirmations on how to love yourself that are a powerful tool in reshaping your self-concept. If you re ready to finally feel better about yourself, this book may just be the first step you need to take!.



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Reviews

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).

-- Prof. Mark Ratke Jr.

Complete guideline! Its this kind of good read. It can be writter in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.

-- Bill Klein