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Buy Overcoming Low Self-Esteem, 1st Edition: A Self-Help Guide Using Cognitive Behavioral Techniques: Self-help Guide Using Cognitive Behavioural Techniques (Overcoming Books) 1st Edition. by Dr Melanie Fennell (ISBN: 9781854877253) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Overcoming app now available via iTunes and the Google Play Store. 'A thoroughly enjoyable read, and [I] would recommend trainee therapists read it also, as it will increase your understanding of the treatment of low self-esteem.' BABCP Magazine Low self-esteem can make life difficult in all sorts Overcoming app now available via iTunes and the Google Play Store. 'A thoroughly enjoyable read, and [I] would recommend trainee therapists read it also, as it will increase your understanding of the treatment of low self-esteem.' Overcoming Low Self-Esteem has been developed as a self-help manual by Dr Melanie Fennell from the Department of Clinical Psychology at the Warneford Hospital in Oxford. This book will aid readers to understand their condition, and, armed with new knowledge, to break out of the vicious circle of, Overcoming Low Self Esteem Overcoming Book.

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