



The Self-Esteem Journal

Alison Waines

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Do you lack confidence and never feel really happy? Do you wish you could stop judging yourself all the time and get on with your life? If so, this book will teach you simple techniques to boost your self-esteem and bring lasting results. By starting your own self-esteem journal, you can not only understand more about yourself, but learn how to give yourself the compassion, respect, acceptance and support you deserve. There are 45 stimulating exercises which invite you to explore how you truly feel about your life and examine the behaviours and beliefs that may be holding you back.

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