



Recovery of Your Self-Esteem: A Guide for Women

By Carolynn Hillman

Touchstone. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. With warmth and encouragement, along with her original ten-step process, Carolynn Hillman puts self-esteem and the accomplishments and real satisfaction it engenders within the reach of every woman. Her straightforward approach to conquering feelings of inadequacy and self-defeating behavior include: Practicing six key ways of nurturing yourself Recognizing and appreciating your good points Silencing the inner-critic -- and heeding the inner-child Breaking the self-imposed failure cycle Overcoming external obstacles that limit your progress Recovery of Your Self-Esteem supports readers with participatory exercises and inspiring examples that confirm feelings of increased self-respect and achievement. It offers invaluable advice and understanding that will pave the way toward feeling better more of the time. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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