



Self Esteem Bible: Build Your Confidence Day by Day

Gael Lindenfield

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Learn the secrets of self-esteem with 365 tips from the UK's number one confidence expert Gael Lindenfield. Dip into this comprehensive self-help handbook as and when you need it or use it as a personal development plan. Includes advice on social life, work issues, relationships and much more.

Poor self-esteem can sabotage relationships and careers, cause self-destructive behaviour and hold us back from achieving our true potential.

In this comprehensive guide, self-esteem expert Gael Lindenfield gives you all the advice you need for building confidence in yourself and your abilities.

Designed to be dipped into as and when you need a confidence-boost, or followed as a personal development programme, this is a highly practical self-help handbook that will give you concrete results.

Includes sections on work, social life, relationships, health and personal development, so you will regain self-esteem by making new friends, getting over past hurts, boosting assertiveness, learning how to deal with difficult people and situations, think positively and get motivated to achieve your dreams.

With tips for both the short- and long-term, this book provides ways to boost your self-esteem immediately – and then reveals how to stay self-confident for life!

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