

Self-esteem For Women - Lynda Field Associates

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In this original and thought-provoking guide, Lynda Field shows how to recognise and alter your negative self-beliefs. By using a mixture of visualization techniques, positive affirmations and her unique five-step Programme for Change, Lynda gives women the chance to change their lives forever. *Learn how to throw away negative patterns from the past *Understand how to succeed in love *Assert yourself in the workplace *Discover how to enjoy your personal power *Develop your skills as a mother with high self-esteem Self esteem for Women is essential reading for everyone who wants to transform herself for the better. Author: Lynda Field Associates Publisher: Ebury Digital Illustration: N Language: ENG Title: Self-Esteem For Women Pages: 00176 (Encrypted EPUB) On Sale: 2011-04-30 SKU-13/ISBN: 9780091876326 Category: Self-Help : Personal Growth - General

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