



This Book Will Make You Confident

By Jessamy Hibberd, Jo Usmar

Quercus Publishing. Paperback. Book Condition: new. BRAND NEW, This Book Will Make You Confident, Jessamy Hibberd, Jo Usmar, Have you ever felt like something is holding you back? That other people seem to breeze through life, but self-doubt and insecurity prevent you getting the things you want - at work, in family life or relationships? Well, fear not: no matter how low you feel it is possible to overcome vicious cycles in your mood and behaviour. This little book will allow you to change how you think. Dr Jessamy Hibberd and Jo Usmar will provide you with the tools to build your self-esteem and realise your full potential. With practical exercises and techniques based on the very latest cognitive behavioural therapy (CBT) research, their friendly results-driven approach will give you a new sense of confidence in every area of your life.



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Reviews

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

-- Dr. Willis Walter

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

-- Roel Bogisich Sr.