



50 Tips to Help You Feel Better About Yourself

By Anna Barnes

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, 50 Tips to Help You Feel Better About Yourself, Anna Barnes, A happy and balanced life is an ideal many of us have to really strive for, and for those suffering from low self-esteem, it can seem like an unachievable goal. This easy-to-follow book of tips is designed to help you find ways to boost your self-worth and create a more positive opinion about yourself that will, in turn, have a positive impact on your everyday life.



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