



Self Esteem: Simple Steps to Build Your Confidence

Gael Lindenfield

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The new updated and fully revised edition of this bestselling title. Poor self-esteem can sabotage relationships and careers, cause self-destructive behaviour and can hold us back from achieving our full potential.

In this new updated and fully revised edition of this bestselling title Lindenfield helps us to recover from a deep-seated hurt and cope with knocks to our pride. The beginnings of poor self-esteem usually lie far back in our childhood, but our confidence can easily be knocked in our adult life by criticism and trauma.

A practical program that can make us feel more energized and self-reliant than ever before; and ultimately, overcome our doubts and fears to achieve self-fulfilment.

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