



The Woman's Guide to Total Self-Esteem: The Eight Secrets You Need to Know

Stephanie Dillon

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In this book, a clinical psychologist and a psychoanalyst team up to help women confront their old destructive beliefs and begin to reconstruct healthy self-esteem. Through stories and more than fifty step-by-step exercises, this book will help you heal old wounds and learn what you can do to repair each of the eight essential building blocks of self esteem. Find out how to assess your individual strengths and weaknesses and discover ways to test your new skills at work, at home, and in your relationships. Learn to see setbacks as opportunities to grow stronger and more resilient and thereby create a deeper and more lasting self-esteem.

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