



## Boost Your Self-Esteem: Flash (Flash (Hodder Education))

By Christine Wilding

Hodder & Stoughton. Paperback. Condition: New. 98 pages. Dimensions: 6.8in. x 4.3in. x 0.4in. The books in this bite-sized new series contain no complicated techniques or tricky materials, making them ideal for the busy, the time-pressured or the merely curious. Boost Your Self-Esteem is a short, simple and to-the-point guide to learning the basic principles of being more happy with yourself in a few short steps. Whether you want to be less depressed, or just feel more confident, in just 96 pages you will discover how to master the essential strategies for gaining confidence and feeling happier with yourself in every situation. - Gain confidence - Feel great - Be assertive - Feel positive - Love yourself This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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