

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 selfesteem, it can seem like an unachievable goal. This easy-tofollow 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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