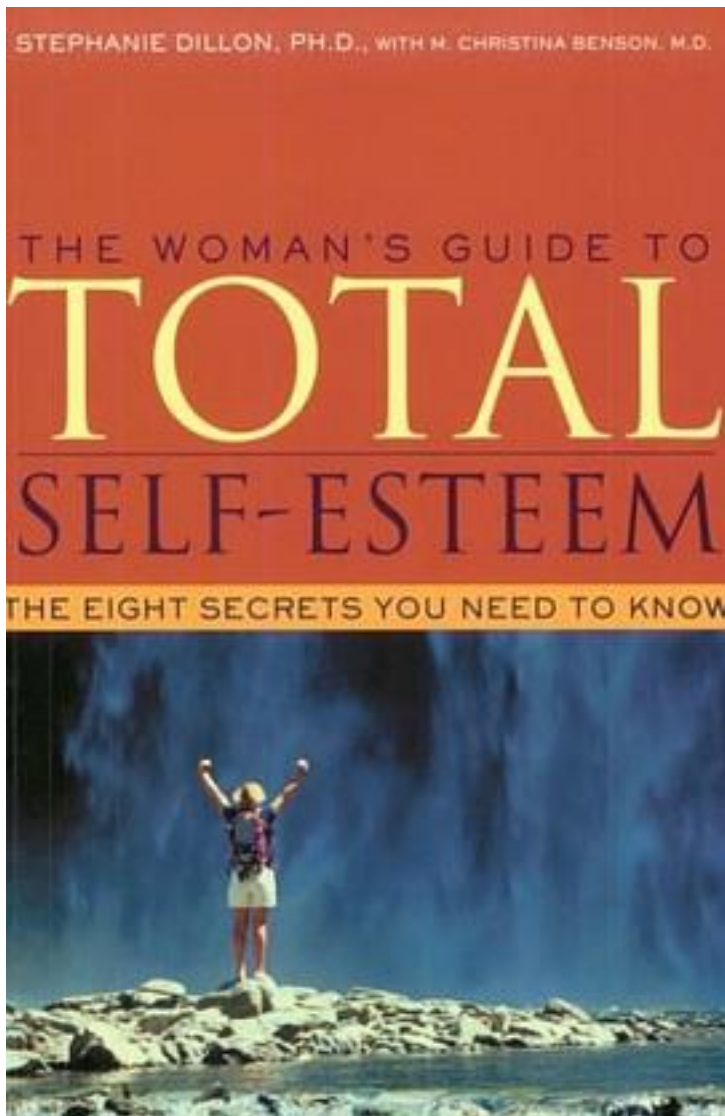


# The Woman's Guide to Total Self-esteem



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For many women, the old cultural scripts that make finding the courage to be themselves so difficult have been compounded by an all-or-nothing concept of what self-esteem is and how to acquire it. The truth is that good self-esteem in some areas can still be counter-balanced by under-developed self-esteem in others. Many otherwise gifted and successful women whose energy and enthusiasm makes them unstoppable in one area of their lives can still torture themselves with compulsive exercise or bouts of dieting. This book offers more than 50 step-by-step exercises, examples and stories to help heal old wounds and repair the eight building blocks of total self-esteem.

作者介绍:

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