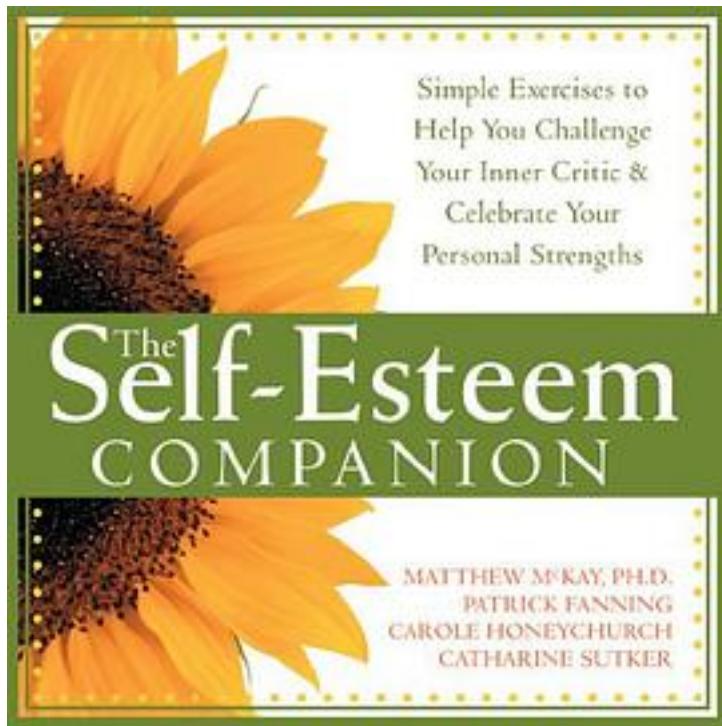


# The Self-Esteem Companion



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The Self-Esteem Companion is designed to work together with our bestseller Self-Esteem. It develops many of the most powerful techniques from the original book into sixty easy-to-learn and fun-to-do exercises that build and maintain a healthy self-image. This repackaged edition features a new preface by author Matthew McKay and an eye-catching new package. You'll be able to customize a personal self-esteem-building program using any combination of the original book, the sixty exercises in this companion, and the fast and effective ten-week writing project in the guided journal. The end result: lasting improvement in the way they view themselves, as well as greater happiness, success, and peace of mind.

作者介绍:

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