

## OVERCOMING LOW SELF ESTEEM MELANIE FENNEL PDF%0A

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DR MELANIE FENNELL *Overcoming Low Self-Esteem* *Overcoming ...*

DR MELANIE FENNELL is the author of *Overcoming Low Self-Esteem* and *Overcoming Low Self-Esteem Self-Help Course*. She currently works as the Director of an advanced cognitive therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC) and Oxford University. One of the first clinician researchers to introduce cognitive therapy to the UK, she was a founder

*Overcoming Low Self-Esteem* | *Overcoming* Melanie Fennell's acclaimed and bestselling self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking. Using practical techniques from Cognitive Behavioural Therapy (CBT), this book will help you learn the art of self-acceptance and so transform your sense of yourself for the better.

*Overcoming Low Self-Esteem: Melanie Fennell: Books* - Amazon.ca

I first read *Overcoming Shyness and Social Anxiety* in the "Overcoming" series and found the writing style, presentation of the model, and steps to change extremely helpful. That book also helped me to identify one of my core issues as low self-esteem which led me to this book. I have read numerous books on CBT and psychology in general but these two books have been the most helpful. They both

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Description of the book "Overcoming Low Self-Esteem": A Books on Prescription Title Boost your confidence and change your life for the better Melanie Fennell's acclaimed self-help guide will help you to understand your low self-esteem and, armed with this knowledge, break out of the vicious circle of negative self-image, learning the art of self-acceptance and altering your life for the better.

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The book: Overcoming Low Self Esteem The author: Melanie Fennell, an influential cognitive behavioural therapist whose achievements include founding the Oxford Cognitive Therapy Centre. The subject: A guide to, well, overcoming low self-esteem. This book contains both exercises and exposition, combining to form the next best thing to a course of CBT.

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One of the most effective ways to overcome anxiety is to challenge the fears underpinning it. This may mean facing anxiety provoking situations and dropping the behaviours one employs when anxious (such as avoidance, over-concentration, over preparation).

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