



Recovery of Your Self-Esteem: A Guide for Women: New Techniques & Understanding for Women Who Want to Feel Better about Themselves More of the Time

Carolynn Hillman

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With warmth and encouragement, along with her original ten-step process, Carolynn Hillman puts self-esteem and the accomplishment and real satisfaction it engenders within the reach of every woman. Her straightforward approach to conquering feelings of inadequacy and self-defeating behavior include:

- Practicing six key ways of nurturing yourself
- Recognizing and appreciating your good points
- Silencing the inner critic and heeding the inner child
- Breaking the self-imposed failure cycle
- Overcoming external obstacles that limit your progress

Recovery of Your Self-Esteem: A Guide for Women supports readers with participatory exercises and inspiring examples that confirm feelings of increased self-respect and achievement. It offers invaluable advice and understanding that will pave the way toward feeling better more of the time.

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