

OVERCOMING LOW SELF ESTEEM MELANIE FENNELLS PDF%0A

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DR MELANIE FENNELLS 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-behavioral therapy program. <http://cdn.oceanpdf.co/DR-MELANIE-FENNELLS-Overcoming-Low-Self-Esteem-Overcoming-.pdf>

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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.

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In this series of talks, author and internationally renowned self-esteem expert Dr Melanie Fennell describes how poor self-esteem develops and what keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it.

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Overcoming Low Self-Esteem has been developed as a self-help manual by Dr Melanie Fennell from the Department of Clinical Psychology at the Warneford Hospital in Oxford.

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Low Self Esteem Early Experience Bottom line / Core Beliefs Rules for living Trigger situations Situation in which the rules: ARE broken (no doubt) MIGHT be broken (uncertain) Activation of the Bottom Line Depression Predictions Anxiety Self-critical thoughts Unhelpful behaviour Hopelessness Eg. Avoidance, taking unnecessary precautions, discounting successes Confirmation of the Bottom Line It

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