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50 TIPS TO HELP YOU FEEL BETTER ABOUT YOURSELF (HARDBACK)



Summersdale Publishers, United Kingdom, 2015. Hardback. Condition: New. Language: English. Brand New Book. A happy and balanced life is an ideal many of us have to really strive for, and for those suffering from low self-esteem, it can seem like an unachievable goal. This easy-to-follow book of tips is designed to help you find ways to boost your self-worth and create a more positive opinion about yourself that will, in turn, have a positive impact on your everyday life.

Read PDF 50 Tips to Help you Feel Better about Yourself (Hardback)

- Authored by Anna Barnes
- Released at 2015



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Reviews

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