

# Teach Yourself Beat Low Self-esteem With CBT By Stephen Palmer;Christine Wilding

**By Stephen Palmer;Christine Wilding**

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(2010). Beat self-esteem with CBT. London: Teach Yourself. Palmer, S. & Cooper, C. (2013). Stephen Palmer, christine wilding; such as low self-worth

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Table of contents \* What is self esteem, and do you have it? \* Thinking your way out of low self esteem \* Overcoming the Perfection Trap \* Developing self acceptance

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