



Building Inner Confidence

Ever feel inferior, not attractive, not liking yourself, or that you don't fit in? Low confidence and reduced self-esteem are common problems - and yet by using the small steady steps within this book you can learn key tools for change. This small but powerful book is 32 pages long with associated online worksheets that can be downloaded and printed directly via links in the book. Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at www.llttf.com and part of the Living Life to the Full series of books. Also consider; Write all over your bathroom mirror, Understanding your feelings, Doing things that make you feel better, Looking at things differently, How to fix almost everything, The things you do that mess you up, 123 Breathe and 10 things you can do to feel happier straight away.

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