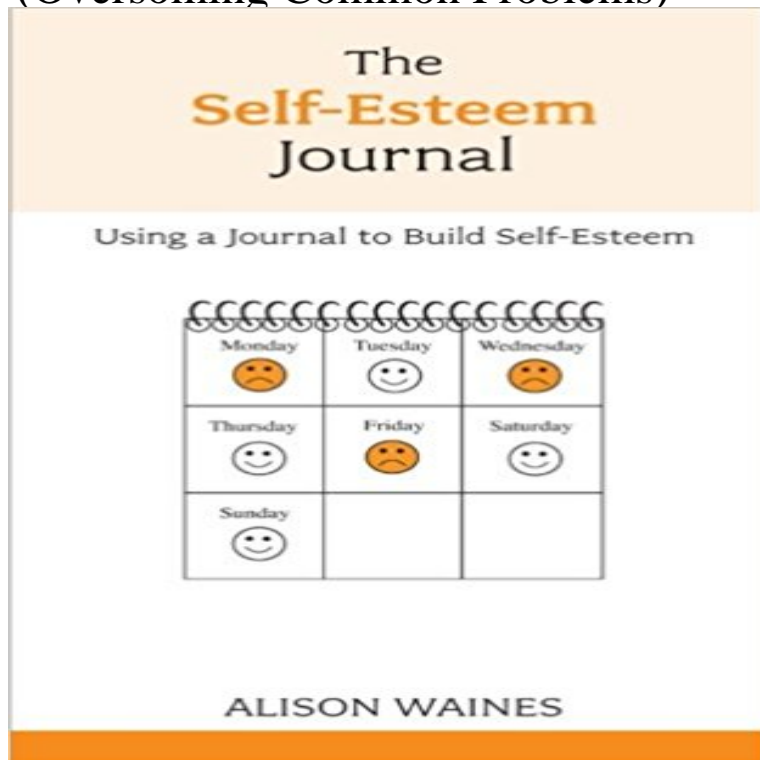


# The Self-Esteem Journal: Using a Journal to Build Self-Esteem (Oversoming Common Problems)



The Self-Esteem Journal aims to help the reader improve their confidence by showing how writing our feelings, experiences and thoughts in a journal can open up a whole new relationship with ourselves. Step-by-step exercises encourage us to explore how we really feel about our lives and examine our behaviour and our beliefs. Keeping a journal is an effective way of learning more about yourself and enables you to show yourself more compassion, respect, acceptance and support. The focus on practical methods makes it an accessible to professionals as well as those suffering from low self-esteem and their friends and families. The book includes case studies and journal extracts, which support the sufferer and assure them that they are not alone in feeling the way they do.

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