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This Book Will Make You Feel Beautiful (Paperback)

By Jessamy Hibberd, Jo Usmar

Quercus Publishing, United Kingdom, 2015. Paperback. Book Condition: New. 178 x 131 mm. Language: N/A. Brand New Book. Body image insecurities can affect your entire life. Constantly worrying about how you look can ruin your day-to-day experiences, curb your ambitions and make you feel you don't measure up in some way. If this sounds familiar, it's time to take action. This compact book addresses the root causes of body image anxiety and breaks them down so you can start changing how you view yourself, your appearance and any difficulties you're facing. You'll learn how to stop destructive behaviours, limit self-criticism, manage emotional eating and see yourself differently. Dr Jessamy Hibberd and Jo Usmar use the latest CBT techniques with practical exercises to enable you to build your self-esteem so you'll feel confident, self-assured and beautiful. Chapters include: Why Do We Hate the Way We Look? Cognitive Behavioural Therapy Stopping Bad Body Image Behaviour Food for Thought Judgement Day Facing Your Fears.



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