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overcoming low self-esteem. This book contains both exercises and exposition, combining to form the next best thing to a course of CBT.

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DR MELANIE FENNELL is

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the author of

Overcoming Low Self-Esteem and

Overcoming Low Self-Esteem Self-Help

Course. She currently works as the Director of an advanced cognitive therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC) and Oxford University. One of the first clinician researchers to intro-

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A self-help guide ...

MELANIE FENNELL is one of the pioneers of cognitive therapy for depression in the UK and developed the Oxford Diploma in Cognitive Therapy and Oxford/MSc in Advanced Cognitive Therapy. She is a research clinician in the Oxford Mindfulness Centre and teaches on the Masters Degree in MBCT in Oxford University.

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author and
internationally
renowned self-esteem
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Fennell describes how
poor self-esteem
develops and what

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keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it.

Overcoming Low Self-Esteem by Dr Melanie Fennell ...

Melanie Fennell is the author of Overcoming Low Self-Esteem (3.82 avg rating, 462 ratings, 28 reviews, published 1999), Boost Your Confidence (3.94 avg

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r...
Melanie Fennell
Melanie Fennell
(Author of
Overcoming Low Self-
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Overcoming Low Self-Esteem by Melanie is an invaluable, practical guide to changing the negative core beliefs we have about ourselves using the practices and techniques of Cognitive Behaviour Therapy (CBT). There are two

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reasons why I picked
up this book:
Melanie Fennell

**Overcoming Low Self-
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Fennell - Book
Review**

Melanie Fennell really strikes the nail right on the head with regards to the complex problem of low self esteem. The term "low self esteem" is often bandied about as if it were something that people "should just get

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over". This author realises how profoundly it can be engrained in people and how vicious it can be.

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Melanie Fennell's acclaimed and best-selling self-help guide will help you to understand your low self-esteem and break

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out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking.

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Self-help for low self-esteem represents an effective way to overcome a negative self-image and the problems that arise from it. Experiences in early childhood play a

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Workshop Presenter:

Melanie Fennell Please

note that due to the

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the Workshop has been

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