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Each title, with its
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Overcoming Low Self

is devised by a practising clinician using the latest techniques of cognitive behavioral therapy – techniques which have been shown to be highly effective in changing the way patients think about themselves and their problems.

~~Overcoming low self-esteem:
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Overcoming Low Self-Esteem,
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Melanie Fennell. Little,
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DR MELANIE FENNELL is 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 introduce cognitive therapy to the UK, she was a founder member of the OCTC, an internationally recognized centre of excellence in cognitive

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Melanie Fennell's acclaimed and bestselling self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking. Using practical techniques from Cognitive Behavioural Therapy (CBT), this book will help you learn the art of self-acceptance and so transform your sense of yourself for the better. Specifically, you will learn: How low self-esteem

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One way of overcoming low self-esteem is to change the way we speak to ourselves, or to have a different relationship with your inner voice. Some of the techniques that psychologists teach include monitoring your self-critical thoughts using self-esteem worksheets like the self-critical thought monitoring record , challenging your negative thinking using thought records , and learning about your unhelpful thinking styles .

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by Melanie Fennel Book
Review. Overcoming Low Self-
Esteem by Melanie is an
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to changing the negative
core beliefs we have about
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Overcoming Low Self

Techniques (Paperback)

Published June 23rd 2009 by
Basic Books. Paperback, 288
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Fennell. ISBN: 0465012663
(ISBN13: 9780465012664)
Edition language: English.

~~Editions of Overcoming Low
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Fennell~~

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

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~~Esteem~~ In this series of talks, author and internationally renowned self-esteem expert Dr Melanie Fennell describes how poor self-esteem develops and what keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it. This series of ten talks includes: The nature of low self-esteem

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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...

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