



## 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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### Reviews

*This publication is wonderful. It normally is not going to expense too much. Its been printed in an extremely straightforward way in fact it is merely following i finished reading this publication where actually transformed me, modify the way i really believe.*

-- **Russell Adams DDS**

*Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).*

-- **Rowan Gerlach II**

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Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his big, black bag he heads to her...



### **Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat (Paperback)**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...