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Nota di contenuto	Front cover -- INTRODUCTION - TAKING THE FIRST STEPS -- PART ONE - SELF-ESTEEM -- PART TWO - BOOSTING SELF-ESTEEM -- PART THREE - CONTROLLING NEGATIVE THOUGHTS -- PART FOUR - SOCIAL MEDIA AND SELF-ESTEEM -- PART FIVE - MINDFULNESS -- PART SIX - SLEEPING -- PART SEVEN - RELAXATION -- PART EIGHT - WELL-BEING -- PART NINE - TALKING AND FINDING HELP -- CONCLUSION - MOVING FORWARD.
Sommario/riassunto	Packed with tips, suggestions and quotes, this book will help give you the strength to turn negatives into positives and become more confident every day.