



Building Self Esteem

By Steve Becker

Recovery Book Press, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In his first book, A Guide To The Recovery Toolbox, Steve Becker shares and describes 88 tools of the 12-step and recovery programs (AA, NA, Alanon, CoDA, etc). In his new book Building Self Esteem he reprints 36 of those tools (specifically the ones that will help with Setting Goals, Overcoming Obstacles, and Building Self Esteem) and adds information that will help you apply these tools to your life immediately. If you already own A Guide To The Recovery Toolbox the new material in this book is available on the Recovery Book Press website. If not, this is the perfect place to get started.



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