



50 Things You Can Do Today to Improve Your Self-Esteem

By Wendy Green

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, 50 Things You Can Do Today to Improve Your Self-Esteem, Wendy Green, In this easy-to-follow guides, expert authors offer practical advice to help you make positive changes in your life, with a holistic approach including simple lifestyle changes and DIY complementary therapies.



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