



The Complete Idiot's Guide to Enhancing Self-Esteem

Mark Warner

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You're no idiot, of course. You know there are moments when you have been creative, attractive, and even intelligent. But when it comes to sizing yourself up in the mirror, stepping onto a scale to get weighed, or socializing at a party full of extraverts, you feel like a wallflower that hasn't been watered in years.

Don't just stand there with your head in the sand! 'The Complete Idiot's Guide to Enhancing Self-Esteem' shows you how to break through negativity, open yourself to risk and change, and move towards a richer and more intergrated life. In this 'Complete Idiot's Guide', you get:

-Straightforward questions that will inspire you to look deeper within yourself.

-Self-quizzes that will help you see the 'real you' more clearly.

-Inspirational thoughts and poems.

-Insights drawn from the experiences of others.

-Common-sense advice on what to do when feeling insecure.

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