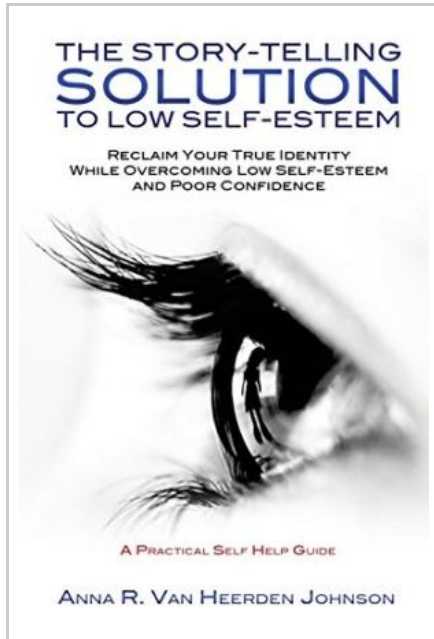




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The Story-Telling Solution to Low Self-Esteem

By Anna R Van Heerden Johnson

Xulon Press, United States, 2014. Paperback. Book Condition: New. 229 x 153 mm. Language: English . Brand New Book ***** Print on Demand *****.In the Story Telling Solution, Dr Anna Johnson, counseling psychologist and clinical consultant, takes a closer look at low self-esteem and poor confidence. She demonstrates how people can develop a deeper understanding of their own minds and be released from the trap of low self-esteem by changing the script of their life story in a way that enacts their true identity. Drawing upon years of experience in corporate, public and private practice settings, she shows how to be comfortable with and true to whom God created you to be and thereby realizing your innate passions, talents and dreams. From telling your story to writing a script for a film in which you are the leading actor/actress, this guide invites you to engage with her in a conversation about your unique value.



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