



## Insecurity: 25 Invaluable Lessons on How to Overcome Social Anxiety, Relationship Jealousy and Stop Being Insecure in a Relationship: (Love Yourself Like Your Life Depends on It) (Paperback)

By Imogen Palmer

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Insecurity 25 Invaluable Lessons On How To Overcome Social Anxiety, Relationship Jealousy And Stop Being Insecure In A Relationship Self confidence is sometimes held up as a magic answer to all of life s problems - we are told to believe in ourselves and wonderful things will happen. Low self esteem is blamed for everything from anti-social behavior to weight gain and depression. If only we could just feel good about ourselves, it is suggested, all of these problems would simply vanish overnight. However, self confidence can be much harder to achieve than this makes it sound. Nor is self-confidence which is not rooted in reality a desirable quality - we have all met people who consider themselves to be the centre of the universe and annoy everyone around them. This is not a book about harnessing some mystical force to fix your problems, but about having a healthy, peaceful sensation of your own value. We will look at areas such as: Learning to ignore the inner Bad Voice Insecurity in a relationship How to cope with feeling...



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