



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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[3.31 MB]

Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**