



The Complete Idiot's Guide to Enhancing Self-Esteem

By 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 toward a richer and more integrated life. In this Complete Idiot's Guide®, you get:

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About the Author

Mark J. Warner, Ed.D., is chief of staff of James Madison University in Harrisonburg, VA. He has had an extensive career as a wellness author, a private-industry consultant, a public speaker, and an award-winning teacher.

Users Review

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Eric Butler:

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