

OVERCOMING LOW SELF ESTEEM MELANIE FENNELLS PDF%0A

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Overcoming Low Self Esteem Overcoming

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DR MELANIE FENNELLS Overcoming Low Self Esteem Overcoming

DR MELANIE FENNELLS is the author of Overcoming Low Self-Esteem and Overcoming Low Self-Esteem Self-Help Course. She currently works as the Director of an advanced cogni-

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Dr Melanie Fennell is a founder member of the Oxford Cognitive Therapy Centre. She is now Director

of the Oxford Diploma/MSc in Advanced Cognitive Therapy Studies. As a clinician she has a particular interest in cognitive therapy for depression and low self-esteem.

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