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## How to Be Yourself: Easy Steps to Overcoming Insecurities and Strengthening Your Life (Paperback)

By Simone Essex, Jane Briscoe

Balboa Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Transform your life with this practical guide to self-acceptance and happiness Have you ever heard someone say just be yourself, as though it s the answer to everything? It can be very difficult to be yourself, especially if you don t really know who you are anymore. Learning how to be yourself is the first step towards living a happy and meaningful life. In How to Be Yourself, psychologist Jane Briscoe and her coauthor, Simone Essex, deliver an empowering collection of techniques combining the use of acceptance and commitment therapy, positive psychology, and hypnotherapy and mindfulness. These techniques are designed to aid in understanding exactly who you are and how the human mind works; identifying and embracing your values, strengths, and personality style; reducing stress, worry, and insecurities; overcoming the fear of judgment; handling difficult and painful thoughts effectively. As a bonus, How to Be Yourself comes with a hypnosis MP3 download to help reinforce the powerful strategies offered throughout the guide. By embracing these techniques, anyone can experience authentic happiness.



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