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DR MELANIE FENNELL 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 cognitive-
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In this series of talks, author and internationally renowned self-esteem expert Dr Melanie Fennell describes how poor self-esteem develops and what keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it.

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