

LEARNING TO LOVE YOURSELF: SELF-ESTEEM FOR WOMEN

Twenty-five consultants, seminar leaders, and professional coaches share powerful tips involving self-confidence, personal acceptance, and building healthy relationships.



**Overcoming Jealousy & Envy ~ Stress Inventory
Learning Self-Acceptance ~ Recovery after Divorce
Single and Loving It! ~ Positive Self-Talk
Building Healthy Relationships ~ Learning to Forgive**

Edited by

Linda Ellis Eastman

Founder of The Professional Woman Network