



**The Self-Esteem Companion: Simple Exercises to  
Help You Challenge Your Inner Critic and  
Celebrate Your Personal Strengths by McKay  
PhD, Matthew, Fanning, Patrick, Honeychurch,  
Carole, S 1st (first) Edition (10/1/2005)**

*Matthew, Fanning, Patrick, Honeychurch, Carole, S McKay PhD*

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