



Loving you is easy - Loving me is hard!: Developing healthy self-esteem and confidence

Libby Hammond

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Have you ever had that awful experience where something has gone wrong that left you feeling less good about yourself and you've then had trouble shaking off those negative thoughts? Do you have moments when you feel you don't measure up to your own expectations – let alone those of other people? Are you longing to have an intimate relationship with God but have a secret suspicion that, with all your failings, you aren't really 'good enough' to register on His radar? If the answer to any of these questions is 'Yes' then this book is for you! It has been written to help people understand what sabotages personal self-esteem. It also provides solutions to develop a healthy and authentic confidence. Practical activities and reflections embed what is being learned. The book also looks at how people can enter into 'garden time' with God and stay mindfully focused on His presence with them every moment of their day.

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