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To feel better about the way you look, think about the reasons why you feel insecure so you can then change the way you think about yourself. For example, maybe your parents or friends pressured you into looking a certain way or you idolize pop stars with “perfect” bodies.

Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems - Ebook written by Sabine Wilhelm. Read this book using Google Play Books app on your PC, android, iOS devices.

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She is the author of more than 200 articles and book chapters and several books, including the self-help guide Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems, which was cited as a Self-Help Book of Merit by the Association for Behavioral and Cognitive Therapies (ABCT). She is a Fellow of ABCT and the Association for Psychological Science.

The right way to feel good about yourself is to impress your own subconscious mind by doing the things that you always failed to do. If for example you never manage to approach strangers then

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So feel good about that. 24. Praise your children. Sometimes when we feel bad about ourselves, we take it out on our children. Don't do that. Lift them up. Tell them everything you wanted to hear as a child. 25. Hug someone. Hugs are magical feel-good potions that infuse us with joy. If you have time, hug someone for the entire day. If not, just once will do.

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