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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 therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC) and Oxford University. One of the first clinician researchers to intro-

DR MELANIE FENNELL *Overcoming Low Self-Esteem*
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Low self-esteem can affect every area of our lives. It can be a horrible curse to live with, but thankfully one that can be beaten. Updated for 2020, Jennifer

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