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The Story-Telling Solution To Low Self-Esteem: Reclaim Your True Identity While Overcoming Low Self-Esteem and Poor Confidence (A Practical Self Help Guide)

Dr Anna R Van Heerden Johnson

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This is a Movie You Have To Watch. It's The Story Of Your Life.

You Will Be Writing The Script And You Are The Hero.

This Is Going To Be The Journey Of Your Life.

In the Story Telling Solution, Dr Anna Johnson, draws on 30 years experience as counseling psychologist and clinical consultant to help you understand and overcome low self-esteem and poor confidence.

In a very unique way Anna will guide you to a deeper understanding of your own mind and how you can release yourself from the trap of low self-esteem by changing the movie script of your life story.

Drawing upon years of experience in corporate, public and private practice settings, Anna shows you how to be comfortable with and true to whom God created you to be and thereby realizing your innate passions, talents and dreams.

From telling your story to writing a script for a film in which you are the leading actor/actress, this guide invites you to engage with her in a conversation about your unique value.
You Don't Want To Miss This Movie!

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