

Top books to help to build confidence and self-esteem



Train Your Brain to Get Happy

Teresa Aubele, Stan Wenck & Susan Reynolds

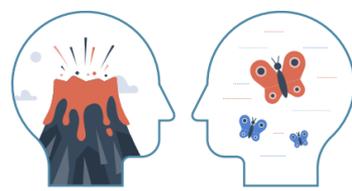
Happiness begins at the cellular level--and your brain is making new neurons every day. Which means that you can literally program yourself for happiness, if you know how. With this ground-breaking guide, you fire up your neurons for joy when you learn to:

Reroute the fight-or-flight response that causes your stress and anxiety, focus your grey cells' attention on emotional well-being, engage in activities that flood your brain with dopamine and serotonin, among other "happy" chemicals, satisfy your brain's hunger for pleasure through diet and exercise, enhance nutrition in your life with the right vitamins and supplements, trick your brain into building new pathways to serenity. This book combines the latest research in both neuroscience and human behaviour to give you the brain-changing program you need to lead a blissful life each and every day!

The Chimp Paradox

Dr Steve Peters

Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life? The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can; recognise how your mind is working, understand and manage your emotions and thoughts, manage yourself and become the person you would like to be.



The Chimp Mind Management Model is based on scientific facts and principles, which have been simplified into a workable model for easy use. It will help you to develop yourself and give you the skills, for example, to remove anxiety, have confidence and choose your emotions. The book will do this by giving you an understanding of the way in which your mind works and how you can manage it. It will also help you to identify what is holding you back or preventing you from having a happier and more successful life.



The Little Book of Kindness

Dr David Hamilton

Scientific evidence has proven that kindness changes the brain, impacts the heart and immune system, is an antidote to depression, improves relationships and even slows the ageing process. Yet, more than this, kindness can power real and lasting change in the world.

This little guide shows how the practice of kindness can increase our happiness, improve our health, help us to forge stronger connections with others and positively affect the world we live in.

In The Little Book of Kindness, kindness expert Dr David R Hamilton reveals the science of kindness and teaches us how, by using easy-to-follow tools, strategies and exercises, we can harness its power to improve all aspects of our lives and the lives of the people around us.

The Magic of Thinking Big

David J Schwartz

First published in 1959, David J Schwartz's classic teachings are as powerful today as they were then. Practical, empowering and hugely engaging, this book will not only inspire you, it will give you the tools to change your life for the better - starting from now. His step-by-step approach will show you how to; defeat disbelief and the negative power it creates, make your mind produce positive thoughts, plan a concrete success-building programme, do more and do it better by turning on your creative power, capitalise on the power of NOW.



You Can Heal Your Life

Louise L. Hay

This bestseller is full of ideas and strategies that have worked for millions of people worldwide. World famous teacher Louise L. Hay offers a profound insight into the relationship between the mind and the body. Exploring the way that limiting thoughts and ideas controls and constricts us, she offers a powerful key to understanding the roots of our physical diseases and discomforts

An excerpt from You Can Heal Your Life: Life Is Really Very Simple. What We Give Out, We Get Back What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences.

Happy: Finding joy in every day and letting go of perfect

Fearne Cotton

This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue.

With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

