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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

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venture between the Oxford Cognitive Therapy Centre (OCTC) and Oxford University.

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About the Author Dr Melanie Fennell works as the Director of an advanced cognitive therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC)

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based treatments for anxiety and depression, including Mindfulness-Based Cognitive Therapy. She teaches at the Oxford Mindfulness Centre.

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behavioral model of low self-esteem [1].
Fennell's model says that throughout
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yourself which she called your 'bottom
line'.

Low Self-Esteem | Psychology Tools

Summary In this series of talks, author
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Overcoming
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