

Crossing the Bridge : A Journey in Self-Esteem, Relationships and Life Balance

By Sandra Negley, Amy L. Leutenberg

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Crossing the Bridge is a comprehensive, interactive book for use with individuals or groups. The purpose of this book is to provide a guide, a starting point for self-discovery and the enhancement of people's quality of life.

Crossing the Bridge is a collection of ideas and worksheets which have been written and implemented from Sandy's therapeutic work of the past twenty years. It is based on the fundamental concepts of self-esteem development.

This book is FILLED with meaningful stories, easy-to-read but challenging self-esteem lessons, and tried and true reproducible activity handouts and journalizing pages. Includes facilitator's section for the leader.

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