

# Self-Therapy for Your Inner Critic

## *Transforming Self-Criticism into Self-Confidence*

*"Don't even bother. You'll  
never be good enough."*



*"You have what it takes  
to follow your dreams."*



*Jay Earley, PhD, & Bonnie Weiss, LCSW*

# Self Therapy For Your Inner Critic Transforming Self Criticism

**Wolfgang Guggemos**



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