

The secret of a strong feeling of self-importance



Dr. Bärbel Wardetzki
Masterful and Self-Assured

[Souverän und selbstbewusst]
The composed way to deal with self-doubt

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Bärbel Wardetzki, born in 1952, is a psychotherapist and supervisor who also works in further education. Much in demand as a speaker at conventions, Wardetzki is also a regular guest on TV and radio, and has written numerous bestsellers with total sales of more than 300,000 copies.

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Who hasn't experienced it? Self-doubt, making us unsure of ourselves: Can I do that, may do I that, is it right, was I good enough? These self-doubts weaken our self-esteem and undermine confidence both in ourselves and in other people.

The seasoned psychotherapist and bestselling author Bärbel Wardetzki shows how we can learn to be composed in dealing with self-doubt. The more we know about these attacks on our self-esteem and what possibilities we have of protecting ourselves against them, the better we can master new situations.

Self-assurance is the keyword. Bärbel Wardetzki supports readers in finding security in themselves, in relying on themselves, and in valuing themselves for who they are.

- Bestselling author: 150,000 copies of her books sold
- Effective self-help: practical, compact, and clear