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Manual

YOUR GUIDE TO NEGOTIATING LIFE'S LITTLE MYSTERIES. BY BESSIE RECEP

Paris Hilton still hasn't figured out that self-worth isn't measured in carats.



OVERCOME IMAGE ADDICTION

Kate Moss has to have a better life than we do. How couldn't she? She's beautiful, thin and has the world's best wardrobe. What could go wrong for her?

There is obviously no truth in this statement and the reality is that celebrities (and that girl at the gym with perfect legs), trip over the same obstacles as the rest of us. However, because in today's ego-driven culture we're often more impressed by a person's appearance and level of performance than their values or interests, we can succumb to the pressure to be more, have more and do more. So what can you do if your addiction to impressing others overcomes your ability to see your real worth?

ON THE INSIDE

Author and counsellor Tricia Brennan believes that our self-image, which is how we view ourselves, is different to the persona we present to others and is the key to overcoming self-doubt. "Unless you strengthen your internal self-image, nothing you do can alter your feelings of self-worth," she says.

LOVE THYSELF

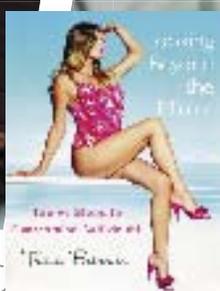
Brennan says beneath our aspirations, we all just want to be loved and acknowledged. However, being loved has nothing to do with the way we look. "The best way to change your attitude is to monitor your internal dialogue and challenge the inner critic," she explains. "If we constantly compare ourselves with others, we form unrealistic ideas of who we're supposed to be in order to be loved or successful."

The solution? "Instead of highlighting your faults, pay attention to the parts worthy of acknowledgement," she says. "Value your uniqueness and avoid competing to seek approval." →

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Paris flaunts her assets.



Need more tips for dealing with your inner demons? Check out Tricia Brennan's book *Looking Beyond The Mirror: Twelve Steps To Overcoming Self-doubt* (\$24.95, New Holland).