

Low self-esteem and stress affect millions of women every day. There are many different causes, and often sufferers do not know who to turn to or how to get help. That is why Alison Finch, self-esteem, jealousy and stress expert, started an interactive website packed with Self-help Resources that get right to the heart of each woman's particular issues with her stress levels or self-esteem.

Selfesteem4women.com's Self-help Resources are safe and effective, and are **tailored to each woman's particular situation**. By taking the free 'Ultimate Self-Esteem Test' or 'The Modern Woman's Stress Test', a woman can learn in less than 30 minutes exactly how to target her specific issues and discover how to improve her life.

Selfesteem4women.com is now the #1 most popular self-esteem website on the Internet. Here are some other interesting facts about the site:

- The website is accessed approximately 5,000 times every day.
- The website has over 130,000 active members from more than 120 countries around the world.
- Most members live in the United States, followed by the UK, Canada, Australia, and others.
- Selfesteem4women.com has been featured on TV programs shown in the US, including national airings on Oxygen TV, which is part-owned by Oprah Winfrey.

Selfesteem4women.com offers both free resources and professional help.

Free Resources:

* The Ultimate Self-esteem Test. To date over half a million women have taken this test. We surveyed more than 9000 of them, of whom more than 97% said they found the test useful.

* The Modern Woman's Stress Test. You can obtain a free eReport based on your results.

* A collection of inspiring eCards for women to send to one another.

* A monthly eZine entitled "Touching Half the World" which contains an original and thought-provoking article about a topical self-esteem or stress-related issue. Past articles are archived on the website.

* A virtual Confidence Café where women can meet each other to seek reassurance, friendship, and a listening ear.

* A repository of useful links to websites of particular relevance to our membership base.

Professional Help:

* 18 Self-esteem eWorkbooks ranging in price from \$11.50 to \$19.50. Each is designed to help a woman with specific issues identified in the results of her Ultimate Self-esteem Test. A detailed and Personalized Self-esteem Starter Pack (worth \$30 alone) is provided free with the first eWorkbook purchased.

* A Personal Stress Management Plan that will provide you with a wide variety of solutions, taking into account your individual needs as a woman coping with the stresses of modern life.

* Personal Online Coaching, provided by Alison Finch herself, for those women with particularly stubborn self-esteem issues. This is available to any woman who has worked through at least one of our recommended Self-help Resources.

Selfesteem4women.com was launched by Alison Finch in 2003. Alison and excellent Customer Support team have lived and worked in the UK, America, Canada and Australia, and currently reside in England.

www.selfesteem4women.com