



Self Esteem: How to Build a Healthy Self-Esteem and Boost Confidence (Paperback)

By Brian Burba, Tracy Travis

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How do you feel about yourself? Are you confident, happy, and have a high level of self-respect or are you depressed, timid, and disgusted with your life? Do you feel you have the power to do what it takes to be successful or are you afraid of failure? Everyone evaluates themselves one way or another in positive and negative ways. Self esteem can be defined as the overall opinion you have of yourself. If you do not like yourself much or you are suffering from low self-esteem than Self Esteem: How to Build a Healthy Self-Esteem and Boost Confidence is what you need to increase your self-esteem. This book will teach you about: Understanding Low Self-Esteem Characteristics of High Self-Esteem Benefits of High Self-Esteem Relationships of High Self-Esteem People Improving Self-Esteem Sets the Stage for Positive Change What Sabotages Your Self-Esteem Factors Affecting Self-Esteem Our Inner Critic The Inferiority Complex Emotional Pain Eating Disorders Healing a Wounded Ego Attain Self-Acceptance Cope with Guilt and Mistakes Break Bad Habits Adopt Healthy Habits Manage Negative Thoughts Respect Yourself Learn to...

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