



The Little Book to Salvage Self Esteem (Paperback)

By Denisia J Hockley

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.SALVAGE SELF-ESTEEM Build confidence and a strong sense of self. Self-esteem, self-image, self-efficacy: How do you see yourself, feel about your Self, evaluate your abilities? What does selfish and self-sacrificing really mean Learn all of these things in The Little Book to Salvage Self Esteem: And use the CD to meditate/relax / re program your self-concepts. If you don't like yourself why should anyone else! How you see yourself physically is largely determined by your own insecurities and self-esteem (different from, but closely related to self-image). The CD helps you clean out the viruses and negative programs on your hard-drive. Learn how to STOP thinking that others are more right or more important! Learn to like, respect and appreciate yourself - It may or may not happen overnight. But IT WILL HAPPEN.



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