



# **Building Self Confidence: A Compact Guide to Healing the Damage Done by Years of Low Self Esteem and Self Worth.**

*Carol Piper*

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Are you tired of struggling with feeling not good enough? Do you struggle to find acceptance with people and have tumultuous relationships? Do you feel you are inadequate and can amount to no good? These are classic signs of low self esteem brought on by any of a lot of factors. Years of constantly feeling negative about yourself and your self worth can take its toll and have a negative impact on every aspect of your life. A lot of people who suffer from low self esteem have constant battles in their minds that live them feeling all confused. If you have struggled to overcome your low self esteem without success as the methods you have been presented with seemed complex and theoretical, then this book is what it needs.

The methods in this book are simple and easy to adopt and will fit into your life easily.

You will learn how to identify what caused your feelings of low self esteem.

How you can build up self love and acceptance gradually/

How self esteem affects your relationships and how to overcome this.

How you can develop new habits that will completely erase your past opinions of yourself.

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