



Self Esteem: The step by step guide to self worth and self compassion - accept your imperfection and learn to love yourself (self-worth, self-compassion, ... happiness, self help, self confidence)

Thomas Smith

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Self-Esteem

Our self-esteem is a key factor when it comes to living our lives. People with high self-esteem can enjoy their life to the fullest. They have more success in their occupation and in love. However, if your self-esteem is damaged and you have never completely believed in yourself, you will know how it feels to be insecure or anxious in every possible situations. The good thing about that is that self-esteem can be trained. Anyone can learn to enjoy life and to feel up to one's daily tasks.

Here Is A Preview Of What You'll Learn...

- How To identify your problems
- To think about your problems the right way
- How to find your values in Life
- The importance of prioritizing your time
- To work hard on your goals
- How you can enjoy every Minute of the process to high self-esteem
- The life changing technique of cognitive restructuring
- The new path of mindfulness to maximize your self-esteem
- Much, much more!

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