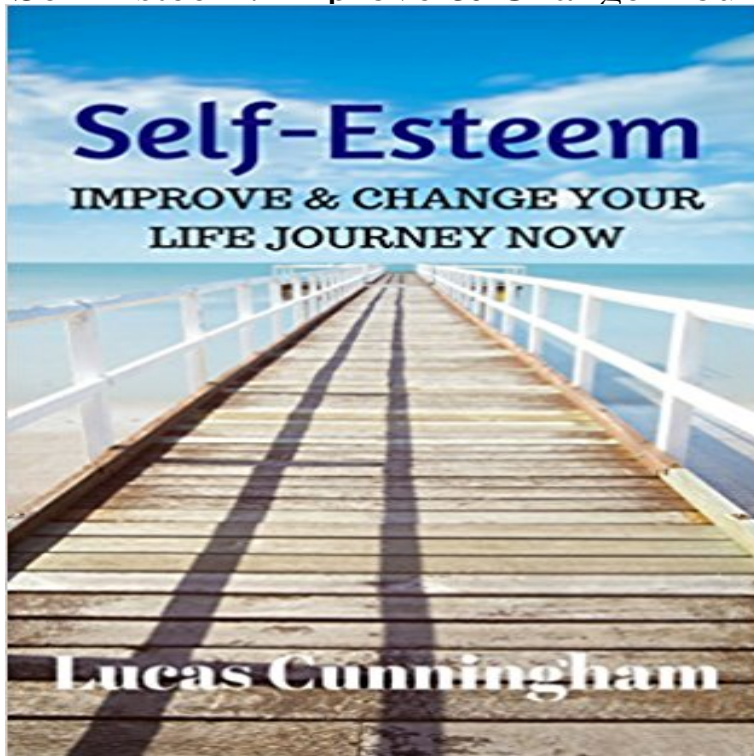


Self-Esteem: Improve & Change Your Life Journey Now



We commonly think that self-esteem is merely about how we feel about ourselves at any particular moment. We also tend to think of our self-esteem as being something that is shaped by the events that take place in our life, particularly those from our past. Often we do not tend to think that our self-esteem is something we actually developed or created. Positive self-esteem is very important for our general health and wellness as human beings. Having positive self-esteem is also important for promoting any type of healing, whether physical, emotional or spiritual. In this book, we will talk about what self-esteem is really about. We will delve into issues and learn what is positive self-esteem and how to go about changing it to kick start your journey to become who you truly are meant to be.

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