



The Self-Esteem Workbook: A guide to self-esteem help, learning to love yourself and being happier today!

Jamie Levell

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The Self-Esteem Workbook

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Our self-esteem reflects the amount of confidence we have, and our sense of self-worth.

Self-Esteem is determined throughout our life by our experiences, beliefs, and the influence of those around us.

A low self-esteem can cause you to not take opportunities, miss out on potential experiences, and not have the quality of life that you deserve.

This book will explain to you what self-esteem is and exactly how it is determined throughout your life.

The tips and techniques given in this book will help you to improve your self-esteem and confidence over time.

A high level of self-esteem does not mean that you're cocky or arrogant, it simply means that you're confident in your abilities, and have a high sense of self-worth.

High self-esteem is something that everyone deserves to experience. Simply purchase this book, or download through Kindle Unlimited and begin working towards a high self-esteem for yourself today!

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

- What is self-esteem
- What determines self-esteem
- Why do some people have low self-esteem
- How to stop talking yourself down
- Tips to improve confidence
- How to maintain a high self-esteem
- Much, much more!

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