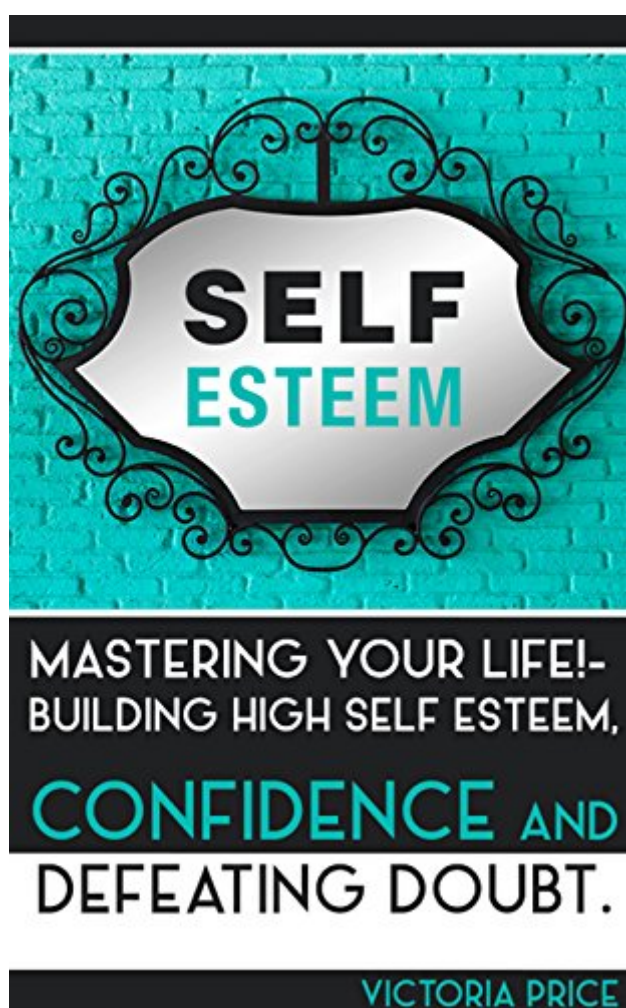


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Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence And Defeating Doubt (Self Esteem, Confidence,doubt)



Synopsis

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This book made me understand a lot of researches to improve my self esteem, is not difficult, the only thing you have to do, is take this book and follow its recommendations. Some times is good to take a minute and realize who you are, so with this book I allowed myself to do it and learn about the psychological behavior and the effects about my life. I bought it with a discount in exchange for my honest opinion in a review

People need motivation.As such, considerable things are achievedwhen we have the requisite drive.This is one of the best self-help books I've read. The authors are extremely knowledgeable, the book is very well written and unusually well organized, and the exercises are based on solid, evidence-based cognitive therapy principles and techniques. All psychotherapists should be aware of this book and consider recommending it to their clients with self-esteem problems.Disclosure: I bought this ebook in a promotion with a discount in exchange for giving an unbiased opinion about it

First, thanks for the promotion, got a discount on the price to pay for my personal opinion. I think sometimes the book becomes very repetitive, perhaps that's the idea when it comes to these problems (anxiety, self-esteem, etc) but the reading becomes very heavy, it's just my opinion, but that doesn't mean that the issue is not interesting.

I love when I find this kind of book, I got it in a special promotion. I feel that every page and every word is giving me one more tool to keep a high self-esteem and keep the control of my life by my own hands without depending or being afraid of someone else and not even the world around me. This is a reading every person must do to stop doubting and pushing back themselves in their own

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