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Self-Esteem Junkie: How to Build Self-Esteem (Paperback)

By Howie Junkie

Createspace Independent Publishing Platform, 2016.
 Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.From the Desk of the How-To Junkie for the Self-Esteem Junkie Howdy friend, who wants to build self-esteem, When you look in the mirror - who do you see? How do you feel about this person? Do you see somebody who is a proud and strong individual.or someone who could sure used a little bit of self-esteem and confidence boost. Self-esteem was a word that you probably first heard when you were in grade school, along with others like respect, integrity, and motivation, all hung up as posters in the classroom should have been a clear indicator of trying to tell you something - how much they would eventually impact your life. And guess what - your teachers weren't wrong at all, were they? To this day, it still boggles your mind to how important these traits have become. Self-esteem may as well be one the most important ones, involving how you perceive yourself that affects your overall behaviors. One day you might feel like you can conquer the world while the next you feel like you hiding in your shell...



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