



Self-Esteem For Dummies

S. Renee Smith, Vivian Harte

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Boost your self-esteem and truly believe that you are perfectly awesome

Looking to get your hands on some more self-esteem? You're not alone. Thankfully, *Self-Esteem For Dummies* presents clear, innovative, and compassionate methods that help you identify the causes of low self-esteem—as well the lowdown on the consequences. Packed with trusted, hands-on advice to help you improve your overall self-worth, *Self-Esteem For Dummies* arms you with the proven tools and techniques for learning how to think and behave with more self-assurance at work, in social situations, and even in relationships.

Self-esteem is shaped by your thoughts, relationships, and experiences. When you were growing up, your successes, failures, and how you were treated by your family, teachers, coaches, religious authorities, and peers determined how you feel about yourself. But you can shift your thinking and reclaim your self-worth with the help of *Self-Esteem For Dummies*.

- Helps you understand the ranges of self-esteem and the benefits of promoting self-esteem
- Arms you with the tools to learn how to think and behave with more self-assurance
- Covers the importance of mental wellbeing, assertiveness, resilience, and more
- Shows you how to improve your self-image, increase personal power, and feel better about yourself

If you're looking to boost your sense of self-worth, *Self-Esteem For Dummies* sets you on the path to a more confident, awesome you.

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