



Self Esteem: 10 Life Transformation Rules for: Self Esteem, Self Confidence, Self Worth (Confidence, Self Compassion, Insecurity, Self Talk, Self Confidence, Self Acceptance)

Stephanie Beyer

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Self Esteem: Rediscover Yourself and Feel Big On The Inside!

Special BONUS at the end of the book!

Just like any other human being, we cannot function well without self-esteem. Being one of the most important ingredients towards happiness and success, it is vital that we take a closer look at the gold inside us, develop it, and use it for our advantage.

This book addresses not only an individual's self-esteem, but also address self-worth and self-confidence. You will familiarize yourself with different *transformational mind tools* and *how to rediscover the power of goal setting in your life*.

There are a number of *mind games* included in this book for you to enjoy and give your brain a little bit of work out that it needs.

Still Not Convinced?

In this Book, You Will Further Learn More About:

- How to unleash your self-confidence
- How to start using positive energy to help you in boosting your self-esteem.
- How to keep off depression, which is one of the biggest breeding grounds for low self esteem

If you're feeling low and simply want to give up, DON'T! *Self Esteem 10 Transformational Rules For Self Esteem, Self Confidence And Self Worth* is here to help!

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Randy Hunter:

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Williams Carter:

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