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This book has actionable strategies on how to build your self-esteem and confidence to become a better you.

Everyone feels bad about themselves sometimes and there are times in everyone's lives when we doubt our abilities. But if you find yourself having these feelings all the time to the extent that it starts to have a huge negative impact on your day to day life, you may be suffering from low self-esteem.

Having low self-esteem can be truly frustrating in so many ways. For starters, you have to come to terms to the fact that you will not approach strangers as easily as someone with high self-esteem, you will feel lonely many times and not be able share your feelings, you may have low self-confidence, and will probably achieve less in life. As if that's not enough, having low self esteem increases your chances of having various mental health problems among them depression.

If you've probably suffered from one or several of the effects of low self-esteem and are tired of living a less than best life, then this book is what you need to transform your life to be a new you. In this book, you would find straight, no-nonsense tips to help you deal with your low self-esteem problems once and for all.

This Book Will Help You To Overcome and Improve The Following:

- Symptoms of Low Self-Esteem
- Breaking the Cycle of Low Self-Esteem
- The Act of Self-Love
- Learning to Take Care of Yourself
- Plus much more

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