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Self-Confidence, Self-esteem for Happiness and Success: Love, Respect, Honor Yourself (Paperback)

By Gautam Sharma

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THIS BOOK GIVES AN ACTION PLAN TO BOOST YOUR SELF CONFIDENCE AND SELF WORTH AND DETAILS MULTIPLE WAYS TO LOVE, RESPECT AND HONOR YOURSELF. YOU WILL FEEL YOURSELF TRANSFORMED AND RE-ENERGIZED. DO YOU WISH YOU CAN MAKE YOUR LIFE EXPERIENCES FULL OF HAPPINESS AND SUCCESS? DO YOU FEEL WORTHY AND DESERVING ENOUGH FOR HEALTHY, HAPPY LIVING? HOW ABOUT ENHANCING YOUR SELF WORTH TO YOUR TRUE VALUE TO ITS OPTIMAL LEVEL? Several types of people will read this book: first those with healthy self-worth, others with low self-worth and the third kind are those with over inflated self-worth. Individuals with low and highly inflated self-worth are both narrow-minded; they are just different sides of the same bad coin Low self-worth often results in not bringing about what people want. On the other extreme, over inflated self-worth shows results faster and more easily but mostly with restrictions. The Author explains these facts clearly in the book. Although interrelated, self-worth is not the same as self-esteem. Read about the differences and importantly how you can boost these in your life for health and happiness.



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