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THE LITTLE BOOK TO SALVAGE SELF ESTEEM (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.SALVAGE SELF-ESTEEM Build confidence and a strong sense of self. Self-esteem, self-image, self-efficacy: How do you see yourself, feel about your Self, evaluate your abilities? What does selfish and self-sacrificing really mean Learn all of these things in The Little Book to Salvage Self Esteem: And use the CD to meditate/relax / re program your self-concepts. If you don t like yourself why...

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- Authored by Denisia J Hockley
- Released at 2015



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