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How to Raise Your Self-Esteem: The Proven Action-Oriented Approach to Greater Self-Respect and Self-Confidence

Nathaniel Branden

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Of all the judgments you make in life, none is as important as the one you make about yourself. The difference between low self-esteem and high self-esteem is the difference between passivity and action, between failure and success. Now, one of America's foremost psychologists and a pioneer in self-esteem development offers a step-by-step guide to strengthening your sense of self-worth. Here are simple, straightforward and *effective* techniques that will dramatically improve the way you think and feel about yourself. You'll learn:

How to break free of negative self-concepts and self-defeating behavior.

How to dissolve internal barriers to success in work and love.

How to overcome anxiety, depression, guilt and anger.

How to conquer the fear of intimacy and success.

How to find -- and keep -- the courage to love yourself.

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