



Self Esteem: Self Confidence: Overcome Fear, Stress Anxiety: Self Help Guide (Paperback)

By Angel Graff

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There s Nothing to Fear But Fear Itself - End Your Stress and Anxiety Today! All You Ever Wanted to Know about Self-Help and Self-Love. When you purchase Self Esteem: Self Confidence - Overcome Fear, Stress and Anxiety - Self Help Guide, you ll gain access to a step-by-step guide to improving your self-esteem. This inspirational book teaches you to: Strive for balance Say no to comparisons Identify your insecurities Avoid perfectionism Practice gratitude Exercise regularly Sleep well Set achievable goals Address your weaknesses and much, much more! You ll learn to identify your negative thoughts, maintain a positive support network, and eliminate external reminders of your negativity. With the help of this essential book, you ll discover how to accept compliments gracefully, embrace your fears, and be patient with yourself. 7 Reasons to Buy This Book: Replace negative thoughts with positive ones Look at yourself in the mirror and smile Bounce back from your mistakes Take care of yourself Take pride in yourself Identify your talents Learn to embrace the unknown Hurry! purchase Self Esteem: Self Confidence -...



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