



Love Yourself Like Your Life Depends on It: A Guide to Increasing your Self-Esteem

By Dr. Phillip Terrance

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Looking for a new way to raise your self-esteem?

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While the literal meaning of self-esteem is very close to self-evaluation or the way you perceive yourself as a person, the definition in society co-relates to one's self-preservation and confidence. Being comfortable with whom you are; knowing yourself and being able to express that is deemed to be self-esteem. People are usually fond of relating self-esteem to popularity and place it parallel to being physically attractive or in blunt words a strong candidate for worldly success.

Although as a lot of things that are rendered or deviated from what they are, the meaning of self-esteem has gone down the same road. Every person seems to have a different idea of what self-esteem is and this confusion has resulted in several issues as well.

What you'll learn inside:

- How to increase self-esteem
- Definition of self-esteem
- History of self-esteem
- What makes it so hard to raise self-esteem
- And much, **MUCH** more!

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