



10 Simple Solutions for Building Self-Esteem: How to End Self-Doubt, Gain Confidence, & Create a Positive Self-Image (The New Harbinger Ten Simple Solutions Series)

Glenn R. Schiraldi PhD

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Easy Ways to Appreciate Yourself

Learn to appreciate yourself with these ten simple solutions for building self-esteem. These easy-to-grasp tips for fostering a positive sense of self distill and add to many of the best, most effective techniques from the author Glenn Schiraldi's successful **Self-Esteem Workbook**. They draw on techniques from Eastern and Western traditions; mindfulness practice, thought-watching, strengths appreciation, and more. With the simple solutions in this book and a little practice, you can discover what a wonderful and valuable person you really are.

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