

how to improve self esteem

How to Improve Self Esteem: Practical Steps to Build Confidence and Embrace Yourself

how to improve self esteem is a question many people ask at some point in their lives. Whether it stems from setbacks, negative self-talk, or societal pressures, low self-esteem can affect how we view ourselves and our potential. The good news is that self-esteem is not fixed—it can be nurtured and strengthened over time. By understanding the underlying factors and practicing intentional habits, anyone can cultivate a healthier sense of self-worth. In this article, we'll explore practical and insightful ways to improve self-esteem, helping you develop confidence and embrace your true value.

Understanding Self Esteem and Why It Matters

Before diving into strategies, it's helpful to grasp what self-esteem really means. Self-esteem refers to the overall sense of respect and appreciation you have for yourself. It influences your thoughts, emotions, and behavior, shaping how you respond to challenges and relate to others.

People with healthy self-esteem tend to have a balanced view of themselves—they recognize their strengths but also accept their flaws without harsh judgment. Conversely, low self-esteem can lead to self-doubt, feelings of unworthiness, and a constant need for external validation.

Recognizing the impact of self-esteem on mental health, relationships, and personal growth highlights why improving it is vital. When you feel good about who you are, you're more likely to pursue goals, handle criticism constructively, and maintain resilience during tough times.

Identifying Negative Thought Patterns

One of the biggest obstacles to healthy self-esteem is the presence of negative self-talk and cognitive distortions. These are automatic, often unconscious thoughts that unfairly criticize or belittle yourself.

Common Cognitive Traps

- **All-or-Nothing Thinking:** Seeing situations in black-or-white terms without acknowledging the gray areas.
- **Overgeneralization:** Drawing broad negative conclusions based on a single event.
- **Catastrophizing:** Expecting the worst possible outcome without evidence.
- **Personalization:** Blaming yourself unnecessarily for things outside your control.

Becoming aware of these patterns is the first step in challenging and changing them. When you catch yourself thinking, "I always mess things up," pause and question whether this is entirely true or an exaggerated

perception.

Practical Steps on How to Improve Self Esteem

Improving self-esteem involves a combination of mindset shifts, daily habits, and self-compassion. Here are several actionable strategies to help you on this journey:

1. Practice Self-Compassion

Treat yourself with the same kindness and understanding you would extend to a close friend. Instead of beating yourself up over mistakes, acknowledge that imperfection is part of being human. Practicing self-compassion reduces feelings of shame and promotes emotional well-being.

2. Set Realistic, Achievable Goals

Setting small, attainable goals creates opportunities to experience success, which naturally boosts confidence. Break larger objectives into manageable steps and celebrate progress along the way. This helps build a positive feedback loop reinforcing your belief in your abilities.

3. Surround Yourself with Supportive People

The company you keep can significantly influence your self-esteem. Seek out relationships that are uplifting, encouraging, and accepting. Distance yourself from toxic or overly critical individuals who undermine your self-worth.

4. Focus on Strengths and Accomplishments

Make a habit of acknowledging your talents and past achievements. Keeping a "success journal" where you jot down positive experiences and compliments can serve as a powerful reminder of your value during moments of doubt.

5. Engage in Positive Self-Talk

Consciously replace negative statements with affirming and realistic ones. For example, change "I'm not good enough" to "I am capable and learning every day." Over time, this rewiring of internal dialogue can shift your mindset toward optimism.

6. Take Care of Your Body

Physical health and mental well-being are closely linked. Regular exercise, balanced nutrition, and adequate rest can improve mood, energy levels, and overall outlook on life. Feeling physically strong often translates into greater emotional resilience.

Building Confidence Through Action

Sometimes, the best way to improve self-esteem is through direct experience. Engaging in new activities or challenging yourself helps expand your comfort zone and reveals hidden strengths.

Try New Hobbies or Skills

Learning something new—whether it's painting, playing an instrument, or public speaking—can foster a sense of accomplishment and personal growth. It also shifts focus away from negative thoughts toward constructive engagement.

Practice Assertiveness

Communicating your needs and boundaries clearly and respectfully is a powerful way to reinforce your self-respect. Assertiveness helps you feel more in control and valued in your relationships.

Volunteer or Help Others

Contributing to your community or assisting someone in need can enhance your sense of purpose and self-worth. Acts of kindness not only benefit others but also nurture your own emotional health.

Long-Term Mindset Changes for Sustained Self Esteem

Improving self-esteem is not about quick fixes but about cultivating lasting habits and perspectives.

Embrace Imperfection

Accept that mistakes and setbacks are natural parts of life and learning. Rather than striving for unrealistic perfection, focus on growth and progress.

Practice Gratitude

Regularly reflecting on the positives in your life can shift your focus from what's lacking to what's abundant. Gratitude fosters a more balanced and positive self-view.

Limit Social Media Comparisons

In today's digital age, comparing yourself to others online can erode self-esteem. Remember that social media often portrays curated, idealized versions of reality. Mindful consumption and occasional detoxes can protect your mental health.

Seek Professional Support if Needed

Sometimes, low self-esteem is rooted in deeper issues such as trauma or mental health conditions. Therapy or counseling can provide personalized tools and guidance to heal and rebuild self-worth.

As you embark on the path of how to improve self esteem, remember that it's a gradual process that requires patience and commitment. Each small step you take in nurturing kindness toward yourself and recognizing your intrinsic value brings you closer to a more confident and fulfilling life. Embrace the journey with compassion and curiosity, knowing that your self-esteem can grow stronger every day.

Frequently Asked Questions

What are some effective daily habits to improve self-esteem?

Effective daily habits to improve self-esteem include practicing positive self-talk, setting and achieving small goals, engaging in regular physical activity, maintaining a gratitude journal, and surrounding yourself with supportive people.

How can mindfulness and meditation help boost self-esteem?

Mindfulness and meditation help boost self-esteem by increasing self-awareness, reducing negative self-judgment, promoting self-acceptance, and enabling individuals to focus on their strengths rather than their perceived flaws.

Can setting boundaries improve self-esteem?

Yes, setting healthy boundaries is crucial for improving self-esteem because it helps individuals protect their emotional well-being, assert their needs, and prevent others from taking advantage of them, which fosters self-respect.

How does practicing self-compassion influence self-esteem?

Practicing self-compassion positively influences self-esteem by encouraging kindness towards oneself during times of failure or difficulty, reducing harsh self-criticism, and promoting a balanced and realistic self-view.

What role does physical health play in improving self-esteem?

Physical health plays a significant role in improving self-esteem as regular exercise, proper nutrition, and adequate sleep enhance mood, energy levels, and body image, all of which contribute to a more positive self-perception.

How can professional therapy support someone struggling with low self-esteem?

Professional therapy can support someone struggling with low self-esteem by providing a safe space to explore underlying issues, offering cognitive-behavioral techniques to challenge negative beliefs, and helping develop healthier coping strategies and self-worth.

Additional Resources

How to Improve Self Esteem: A Comprehensive Guide to Building Confidence and Well-Being

how to improve self esteem is a question that resonates with many individuals seeking to enhance their mental well-being and overall quality of life. Self-esteem, defined as the subjective evaluation of one's own worth, profoundly influences psychological health, interpersonal relationships, and professional success. This article explores practical strategies and evidence-based approaches to cultivating a healthier self-view, drawing on psychological research and expert insights to provide a nuanced understanding of this complex construct.

Understanding Self Esteem: Foundations and Implications

Self-esteem is more than just feeling good about oneself; it encompasses beliefs about one's capabilities, value, and acceptance by others. Psychologists distinguish between global self-esteem—the overall sense of worth—and domain-specific self-esteem, which pertains to confidence in particular areas such as academics or social skills. Recognizing these dimensions is crucial for tailoring interventions aimed at improving self-esteem.

Low self-esteem has been linked to a range of adverse outcomes, including increased risk of depression, anxiety, social withdrawal, and impaired decision-making. Conversely, healthy self-esteem promotes resilience, motivation, and adaptive coping mechanisms. However, it is important to note that excessively high self-esteem, especially when inflated or narcissistic,

can lead to interpersonal difficulties and unrealistic expectations.

How to Improve Self Esteem: Evidence-Based Strategies

Improving self-esteem is a multifaceted process that requires introspection, behavioral changes, and often, professional support. Below are key approaches supported by psychological research.

1. Cognitive Restructuring: Challenging Negative Self-Talk

One of the primary barriers to healthy self-esteem is pervasive negative self-talk—automatic, critical thoughts that undermine confidence. Cognitive restructuring, a technique rooted in cognitive-behavioral therapy (CBT), involves identifying and challenging these distorted beliefs. For example, replacing “I always fail” with “I have succeeded in many areas and can learn from setbacks” can gradually shift self-perception.

Research indicates that consistent practice of cognitive restructuring can reduce symptoms of low self-esteem and associated anxiety. Journaling negative thoughts and reframing them into balanced, realistic statements is a practical exercise individuals can adopt.

2. Setting Realistic Goals and Celebrating Progress

Setting achievable goals aligned with personal values helps build competence and a sense of accomplishment. Breaking larger goals into smaller, manageable tasks prevents feelings of overwhelm and fosters motivation. Recognizing and celebrating incremental progress reinforces positive self-regard.

Studies show that goal-setting not only improves self-esteem but also enhances overall well-being by providing direction and purpose. It is essential, however, to set goals that are challenging yet attainable to avoid frustration or disappointment.

3. Cultivating Self-Compassion

Self-compassion involves treating oneself with kindness during moments of failure or difficulty, rather than harsh judgment. Research by Kristin Neff and others highlights self-compassion as a powerful predictor of psychological resilience and self-esteem.

Practicing self-compassion can include mindfulness exercises, affirmations, and pausing to acknowledge personal suffering without exaggeration or avoidance. This approach reduces self-criticism and fosters a nurturing internal environment conducive to growth.

4. Building Social Support Networks

Interpersonal relationships significantly affect self-esteem. Supportive friends, family, and mentors provide validation, encouragement, and constructive feedback. Conversely, toxic or critical relationships can erode self-worth.

Engaging in social activities, joining interest groups, or seeking peer support can enhance feelings of belonging and acceptance. Social connectedness also buffers against stress and promotes positive self-regard.

5. Physical Health and Its Role in Self-Esteem

Physical well-being is intrinsically linked to mental health. Regular exercise, balanced nutrition, and adequate sleep contribute to improved mood, energy levels, and body image—all factors influencing self-esteem.

For instance, aerobic exercise has been shown to release endorphins and reduce symptoms of depression, indirectly supporting self-esteem. Furthermore, adopting a healthy lifestyle can empower individuals to feel more in control and confident in their bodies.

Common Challenges and How to Address Them

While the methods above are effective, individuals may encounter obstacles such as ingrained negative beliefs, social stigma, or lack of motivation. Understanding these challenges helps in devising realistic plans to enhance self-esteem.

Overcoming Perfectionism

Perfectionism often undermines self-esteem by setting unattainable standards. It can lead to chronic dissatisfaction and fear of failure. Addressing perfectionism involves recognizing that mistakes are part of learning and adopting a growth mindset.

Dealing with External Criticism

Negative feedback from others can damage self-esteem, particularly if internalized. Developing assertiveness skills and learning to differentiate constructive criticism from harmful comments are essential for maintaining a balanced self-view.

Seeking Professional Help

In cases where low self-esteem is deeply rooted or associated with mental health disorders, consulting a psychologist or counselor is advisable. Therapeutic modalities such as CBT, mindfulness-based therapies, or group

counseling provide structured support tailored to individual needs.

Integrating Self-Esteem Improvement into Daily Life

Sustainable improvement in self-esteem requires consistent effort and integration into daily routines. Below is a practical checklist that individuals can use to foster positive self-regard:

- Practice daily affirmations focusing on strengths and achievements.
- Engage in regular physical activity to boost mood and body confidence.
- Maintain a journal to track progress, challenges, and cognitive reframing.
- Prioritize sleep hygiene to enhance emotional regulation.
- Seek social interactions that offer genuine support and encouragement.
- Set small, realistic goals and reward yourself upon completion.
- Practice mindfulness or meditation to develop self-awareness and compassion.

Adopting these habits gradually builds a foundation of self-esteem that is resilient to external pressures and internal doubts.

Improving self-esteem is a dynamic and individualized journey. By combining cognitive, behavioral, and social strategies, individuals can develop a balanced and authentic sense of self-worth that positively influences all aspects of life.

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importance of mental wellbeing, assertiveness, resilience, and more Shows you how to improve your self-image, increase personal power, and feel better about yourself If you're looking to boost your sense of self-worth, *Self-Esteem For Dummies* sets you on the path to a more confident, awesome you.

how to improve self esteem: *How To Improve Self Esteem* Kevin Hart, 2022-10-06 Having a positive outlook and attitude toward life is a key factor in achieving success and finding fulfilment. Fostering and sustaining an optimistic outlook is crucial if you want to lead a fulfilling and purposeful life. Your outlook and attitude toward different situations can be altered in many different ways. Maintain a positive attitude in all of your communications. Replace negative talk with upbeat dialogue and look for the silver lining in every cloud. If you have been feeling and thinking negatively about yourself and the world for a long period, it will take some time for the positive changes to take effect. Growing your self-respect is the key to realising your potential and reaching your full potential. People are more likely to like us and desire to spend time with us if we project an image of positivity and self-assurance. On the other hand, when we're feeling down, we tend to act in unreasonable ways, develop a fear of change, become stuck in our ways, and have a negative outlook on life in general. If you don't value yourself, you'll recognise these qualities in yourself:

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how to improve self esteem: *How to Improve Self-esteem for Women* Brown James Burns, 2020-01-16 Are you an happy woman with your life at this time? Perhaps you have fulfilled your fantasies for prosperity and happiness? If you repliedno to the above questions, then do not worry. It is never too late. And perhaps, that is one of the main reason you are reading this at the moment. You hold the secret to be a successful individual and you can do it the simple way. You do not need to go to college; you do not have to spend decades to Understand or practice new skills; and also you do not need to spend tens of thousands of hard earned bucks. You seeyour life is exactly like a film. You have got lead roles, a Supporting cast, magnificent events, and a number of twists in the storyline. It is clear you are the primary character on your life picture. Just as Significant however, is you are the manager. The manager can make the picture - or split it. The rationale being that it is the task of the manager to oversee everything; from begin to finish. Alas, many Men and Women are allowing strangers choose the role of The manager in their own lives rather than these. These individuals often wind up asufferer of lifestyle. But it is never too late to fire this man and engage yourself! And that is where this exceptional guide comes... The way to be Yourself and Master Your Life will show you how to Live on your own, learn your lifetime, and above all, meet your fantasies for prosperity and happiness. It functions as a breakthrough manual for improving the memory, getting more outcomes and releasing the mindset. The best way to become Yourself and Master Your Life will show to you the way to be focused so you can become your understanding of time could be expansive, which translates into being more successful. With The best way to become Yourself and improve Your Life, You'll Be able To identify exactly what gives you energy and makes you feel fulfilled and satisfied. It'll get you to the ideal path to discovering your life purpose.

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SELF-CONFIDENCE 101 IS THE SELF-HELP BOOK FOR ANYONE WHO WANTS TO OVERCOME INSECURITY, SELF-SABOTAGING, AND BOOST THEIR SELF-ESTEEM. Self-confidence is the starting point to psychological health, personal happiness, achievement, and good relationships. The key to reaching your personal and professional goals and living the life of your dreams lies in the power of self-confidence. Self-confidence begins with knowing yourself, facing fears, practicing acceptance, and self-compassion. SELF-CONFIDENCE 101 offers practical, accessible strategies to get to know your best self and achieve your maximum potential. By the end of this book you'll be able to: *Identify and improve self-sabotaging and behaviors that hold you back from going and getting what you want. *Learn how to treat and love yourself *Influencing your subconscious mind *Recognizing your values SELF-CONFIDENCE 101 WILL TRANSFORM YOUR INNER SELF FOR A BETTER YOU

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- The foundations of self-esteem, and why it's crucial to personal growth and happiness
- Identifying and challenging negative self-beliefs that hold you back
- Strategies for cultivating self-compassion and self-acceptance
- Techniques to silence your inner critic and embrace your authentic self
- Harnessing the power of positive thinking and affirmations
- How to set healthy boundaries and improve your relationships
- Tips for overcoming fear, self-sabotage, and other barriers to self-esteem
- Goal-setting and personal development strategies to boost your self-confidence
- Practical exercises and activities to reinforce your self-esteem journey
- Stories and insights from people who have successfully built strong self-esteem

Whether you're struggling with low self-esteem or simply looking to strengthen your self-confidence, The Self-Esteem Blueprint will provide you with the tools and insights you need to create lasting change. Embark on the journey to a stronger, happier you, and unlock the power of unshakable self-esteem today. Contents: Understanding Self-Esteem Defining Self-Esteem Factors Influencing Self-Esteem Signs of Low Self-Esteem The Psychology of Self-Esteem Cognitive Distortions The Role of Self-Compassion Developing a Growth Mindset The Impact of Childhood on Self-Esteem Family Dynamics School and Peer Experiences Identifying and Overcoming Limiting Beliefs The Importance of Self-Awareness Mindfulness and Presence Embracing Your Strengths and Weaknesses Recognizing and Challenging Negative Self-Talk Building Confidence Setting Achievable Goals Embracing Failure Celebrating Your Achievements Nurturing a Positive Body Image Understanding the Media's Influence Appreciating Your Body's Unique Qualities Engaging in Healthy Lifestyle Habits Developing Emotional Resilience Coping with Adversity Cultivating Emotional Intelligence Finding Silver

Linings Establishing Healthy Boundaries Assertiveness Training Saying No without Guilt Protecting Your Energy The Power of Positive Affirmations Creating Personalized Affirmations Implementing Affirmations into Daily Life Overcoming Resistance to Change Enhancing Relationships and Social Connections Choosing Supportive Friends Developing Effective Communication Skills Practicing Empathy and Active Listening The Role of Creativity in Self-Esteem Exploring Your Creative Interests Overcoming Creative Blocks Embracing Your Unique Creative Expression Harnessing the Power of Gratitude Keeping a Gratitude Journal Developing a Grateful Mindset Recognizing the Positive Effects of Gratitude Managing Stress and Anxiety Identifying Stressors Relaxation Techniques Building a Balanced Life The Importance of Self-Care Sleep, Nutrition, and Exercise Mindfulness and Meditation Making Time for Fun and Leisure Seeking Professional Help When to Seek Therapy Different Types of Therapy Finding the Right Therapist for You The Role of Spirituality in Self-Esteem Exploring Personal Beliefs and Values Connecting with a Higher Power Engaging in Spiritual Practices Embracing Forgiveness Letting Go of Resentment Forgiving Yourself and Others The Healing Power of Forgiveness Overcoming Comparison and Envy The Detrimental Effects of Comparison Focusing on Your Own Path Celebrating the Success of Others Embracing Change and Personal Growth Identifying Areas for Improvement Developing a Plan for Growth Welcoming New Challenges Giving Back and Helping Others Volunteering and Community Involvement Acts of Kindness Building Empathy and Compassion Setting the Stage for Lasting Self-Esteem Creating a Positive Environment Establishing Supportive Routines Building a Support Network Reaching Out to Loved Ones Joining Support Groups Cultivating Healthy Social Circles Creating a Vision for Your Life Discovering Your Purpose Setting Long-Term Goals Embracing Your Passions Overcoming Perfectionism Understanding the Roots of Perfectionism Shifting Your Mindset Accepting Imperfection and Practicing Self-Compassion Using Visualization Techniques The Power of Mental Imagery Creating a Vision Board Guided Visualizations for Self-Esteem Learning from Role Models Identifying Inspirational Figures Analyzing Their Strengths and Successes Emulating Positive Traits Embracing Authenticity and Vulnerability Shedding Social Masks Building Trust in Relationships The Power of Authenticity The Role of Humor and Laughter in Self-Esteem Finding Joy in Daily Life Cultivating a Light-Hearted Attitude Laughing at Yourself Overcoming Limiting Beliefs and Fears Identifying Deep-Seated Fears Challenging and Replacing Limiting Beliefs Facing Your Fears Head-On Embracing Self-Love Developing a Loving Relationship with Yourself Practicing Self-Care and Compassion Cultivating a Positive Self-Image Staying Motivated and Committed to Your Journey Celebrating Small Wins Overcoming Obstacles Maintaining Your Momentum The Power of Positive Thinking Developing an Optimistic Outlook Focusing on Solutions Developing a Personal Philosophy for Life Reflecting on Your Core Values Creating a Personal Mission Statement Aligning Your Actions with Your Beliefs The Importance of Patience and Persistence Embracing the Process Overcoming Setbacks Trusting Your Journey The Power of Reflection and Journaling Keeping a Personal Journal Tracking Your Progress and Insights Using Journaling as a Tool for Growth Sustaining Long-Term Self-Esteem Continually Setting New Goals Embracing Lifelong Learning Staying Adaptable and Resilient

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quiet person? - How do you build self-confidence if you're insecure? And Much More Excerpt: Chapter 2 When you get to know yourself you will be able to calculate how you will react to different situations and what, specifically, you need to improve upon. Everyone has their limitations, and having a clear idea of your own will allow you to set realistic goals without underestimating your potential. The best way to learn a little more about yourself is to gauge your reactions to everyday situations. Choose a few experiences that generally tend to make you feel nervous and unsure of yourself. This can mean approaching someone new in a public place, talking on the phone, making a presentation at school or at work, or going to a party where you know few of the guests. On a scale of 1 to 10, rate how unsure you have felt in these situations in the past. Then, you will need to find out what has been holding you back. Perhaps you have always known that talking to someone of authority makes you feel insecure. You might agree with everything they say and prohibit yourself from speaking up. Your fear of being scolded or criticized may be holding you back. You may just want to feel accepted. Give Me Confidence: 10 Powerful Ways to Rapidly Build Your Self-Confidence Today includes all of the following: give me confidence, how to be more confident, how to get confidence, how to improve confidence, how to increase self confidence, how to have self confidence, how to gain confidence, how to build self confidence, how to gain self confidence, how to improve self confidence, how to be confident, how to develop self confidence, how to become confident, how to gain confidence in yourself, how to build up confidence

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how to improve self esteem: *Self Confidence for Teens* Dan Miller, 2014-12-18 Confidence is an integral aspect in the growth and development of teenagers. Teen self-esteem attains its peak at the age of around 15 to 16 years. Depending on how the parents, guardians and the community as a whole handle the teenagers at this point, their confidence level may either plummet or rise. Self-esteem is generally related to how we perceive and feel about ourselves in terms of our abilities and attributes. Contrary to the beliefs of many people, teen confidence is deeply rooted and taps into the pre-teen years. A child who was mistreated and exposed to physical abuse at an early age may easily develop a low self-esteem all throughout his/her teenage years. At the pre-teen level, the barometer for self-worth focuses on physical attributes. This is why it is common to find a child who is short, yellow skinned or fat, having low self-esteem. The earlier the teenagers are taught on how to believe in themselves and seek for ways of self-improvement the better their foundation will be in terms of self-confidence. The parents and the society at large should have a way of managing their expectations concerning the teenagers so that they do not demand too much from them. Teenagers should also be trained on how to make great first impressions as this will help them boost their confidence and make them productive in their future lives. Negative attitudes have been singled out as one of the most poisonous tendencies that can easily way down teenagers making them dull and less cheerful. The doctrine of positivity should be nurtured in them right from a tender age so as to give them a positive outlook on life. In order to come up with a comprehensive teenage self-esteem management roadmap, the parents and guardians should first identify the low self-esteem cases. This will enable them to chart forward on how to build their confidence levels.

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Symptoms of Low Self-Esteem Chapter # 3: Behavioral Symptoms of Low Self-Esteem Ways to Boost Low Self-Esteem Chapter # 1: Take a Self-Esteem Inventory Chapter # 2: Set Realistic Expectations Chapter # 3: Set Perfections Aside Chapter # 4: Explore Yourself Chapter # 5: Alter your Self-Image Chapter # 6: Stop Comparing Yourself Chapter # 7: Silence Your Self-Critic Chapter # 8: Self-Compassion Chapter # 9: Get help Chapter # 10: Herbal Remedies Conclusion References Preface There is no doubt about the fact that the society we live is a judgmental one; any person is viewed not by his/her good intentions and virtues but his/her bank balance, the brand of suit he is wearing and his "contacts". This whole process of classification is not a new one and has been going around for centuries. In addition to judging others, people also tend to judge themselves and the level on which they rank themselves is known as self-esteem. Ask yourself; do I consider myself a capable group-leader? If your answer is somewhat like "No I don't think so. I mess up everything I do. What if I do it wrong? What would people think of me if I got this wrong?" Then you probably have "low self-esteem". What is the exact definition of self-esteem? How do I boost it? And many more questions would be hovering on your mind. To put it in a light and simple way, self-esteem is your judgmental opinion about yourself. In this book you'll see for yourself that low self-esteem is not an impregnable dilemma; it is curable and fixable. Furthermore, you will not require any medication or artificial product; you will be able to lift your self-esteem naturally. So what are you waiting for? Stop thinking how you look and start reading this book...

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