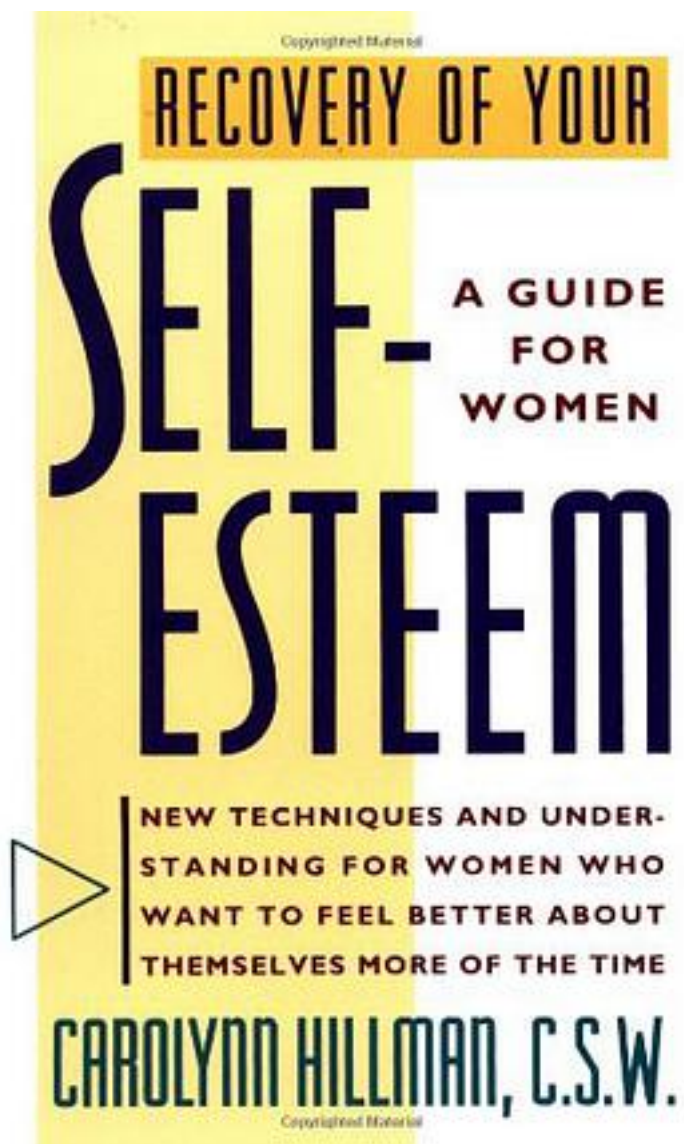


Recovery Of Your Self-Esteem



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著者:Hillman, Carolynn

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With warmth and encouragement, along with her original ten-step process, Carolynn Hillman puts self-esteem and the accomplishments and real satisfaction it engenders within the reach of every woman. Her straightforward approach to conquering feelings of inadequacy and self-defeating behavior include: * Practicing six key ways of nurturing yourself

- * Recognizing and appreciating your good points
 - * Silencing the inner-critic -- and heeding the inner-child
 - * Breaking the self-imposed failure cycle
 - * Overcoming external obstacles that limit your progress
- Recovery of Your Self-Esteem supports readers with participatory exercises and inspiring examples that confirm feelings of increased self-respect and achievement. It offers invaluable advice and understanding that will pave the way toward feeling better more of the time.

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