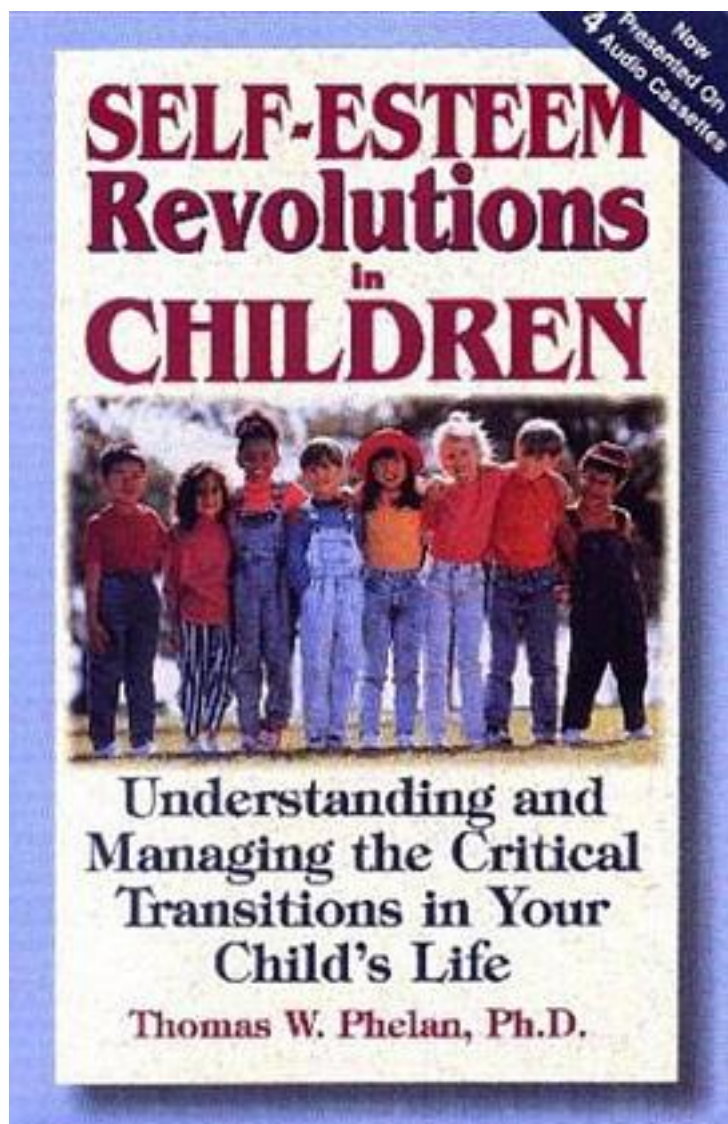


Self-Esteem Revolutions in Children



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Offering practical and achievable methods to help children gain self-respect, this guide enables parents to discover the basics of self-esteem, the relationship between discipline and self-respect, and the reasons for the junior high self-esteem crash. A robust, yet realistic self-esteem is taught through five critical strategies in which gimmicks and good intentions are replaced by the hard work of both parents and children. Following this step-by-step program, parents can help their children to feel better about themselves and to make changes toward building a strong sense of self.

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目录:

[Self-Esteem Revolutions in Children_ 下载链接1](#)

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评论

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书评

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