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## The Guide to Boosting Your Own Self Esteem (Paperback)

By Ethan Hale

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\*\*\*\*\*. There are plenty of ways in which you can boost your self-esteem and change to a more positive and healthy outlook about yourself, here are some tips for developing and boosting your self-worth. Don't take other people's criticism to heart, instead listen to what they are saying and learn from it. Take some time out for yourself everyday, meditate, look inside yourself and realize all your good points and imagine changing your bad ones into more positive. Celebrate and pride yourself on even the smallest achievements that you accomplish. Do something everyday that you enjoy, such as talking a walk in the sunshine or soaking in a bubble bath. Never deprive yourself of something you enjoy, if you know you shouldn't be doing it, then do it anyway and stop chastising yourself about it. Talk positively to yourself, repeat affirmations to chase away all of the negative thoughts and feelings.



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