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## The Ultimate Self Esteem Guide Mind Control Mastery (Paperback)

By Professor of Philosophy Jeffrey Powell

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Esteem: Self confidence is the strong and rational belief in your

own self. It involves awareness of your own strengths and

capabilities. It is an optimistic state of mind that leans toward

the thought that you are equipped with all the required

resources to positively act in response to all the challenges and

obstacles that life will throw at you. The level of your self

confidence is a result of how you perceive your own self. This

has a significant influence on other people's perception of you.

How others relate and react to you is a reflection of your own

self perception. Thus, if you have low self-esteem, it can result

to other people having a difficult time believing in your

capabilities. Self confidence is a skill that you can learn. With

time and effort,...



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