



# **Self-Esteem: The Self Help Guide Top 10 Proven Ways to Build Confidence, Overcome Shyness, Stress, Fear and Anxiety**

*Vanessa Faye, Top Pick*

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**Use These Powerful Self Help Guides To Build More Confidence, Overcome Shyness, Stress, Fear and Anxiety!**

This book has 10 actionable ways that you can follow to build your confidence, overcome shyness, stress, fear, and anxiety. Do you know that your self-esteem is an important success determinant? Well, it is. In fact, your self-esteem (if it is healthy and vibrant) coupled with your will power will push you to great heights in everything you pursue including your career, relationships, businesses, and other areas of your life. As such, it is utterly important to develop and nurture a healthy self-esteem especially because self-esteem is not a naturally occurring, or innate trait. In fact, many of us have serious self-esteem issues that make us behave differently from the way we would want to behave in different circumstances. We wish that if we could only transform the person we were, we could actually unleash the inner person that craves for completely different things than the ones we tend to make people believe we like. Obviously, if you are struggling with low self-esteem, this means that you are likely to live a less than average or just an average life. In this case, you will probably not air your opinions even when you know you are right, will put limitations in your career prospects, will settle for less in relationships, are likely to suffer from abuse and a lot more. As you can see, having low self-esteem is recipe for trouble and mediocrity because you believe you are just not good enough for literally everything in life. If you are tired of living that kind of life, this book will give you comprehensive information on how to transform your low self-esteem to a high self-esteem. It will give you practical tips and strategies that you can implement in your everyday life to effect change in your life.

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