

THE EVERYTHING SELF ESTEEM BOOK



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Self esteem Wikipedia

Self-esteem reflects an individual's overall subjective emotional evaluation of their own worth. It is the decision made by an individual as an attitude towards the self. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self

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