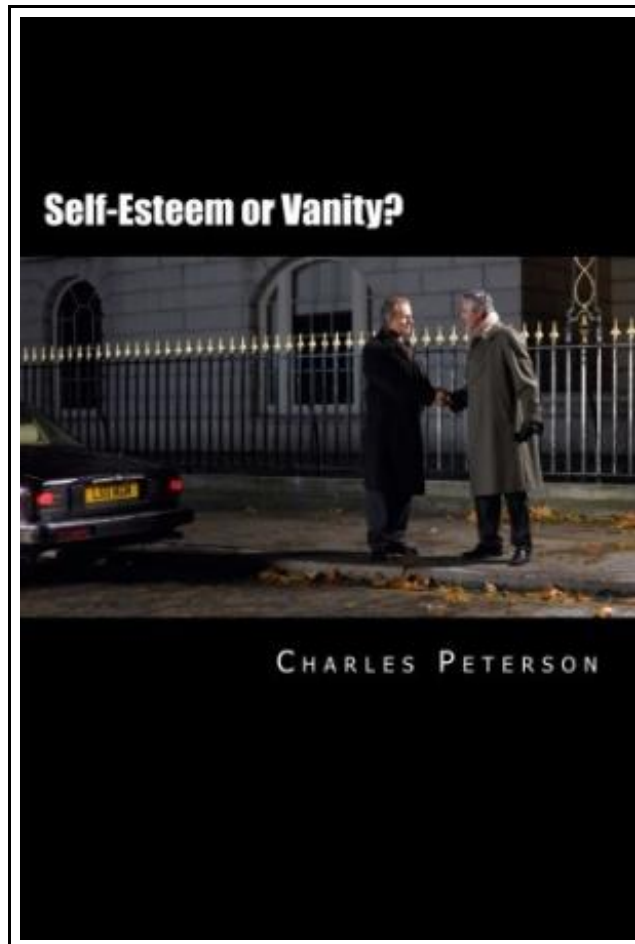


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(Lavina Torp)

SELF-ESTEEM OR VANITY?: A CHRISTIAN'S GUIDE TO CONFIDENCE.

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Self-Esteem is a driving force in American Culture. Many believe that it is the secret to great power and wealth. How does a Christian build self-esteem and confidence in their lives? Is self-esteem even something a Christian should desire to build? When I was adopted at the age of four, I left behind everyone and everything I thought I was. My name, my identity and all that I was changed when my adopted parents took me from Beckley WV to Baltimore MD. Just a couple of years later my adopted mom died of cancer. Ultimately I was raised by a single parent alcoholic who constantly yelled at and belittled me with attacks on my intelligence and worth. As a result of my timid demeanor and lack of confidence, I was made fun of, chased, chastised, ridiculed and outcast just because I was different. Trust me, I know what it means to suffer from what psychologists call low self-esteem . I struggled with abandonment and self-worth issues for years as a result of my tumultuous childhood. These issues lead me into teenage rebellion, depression, substance abuse and unbridled promiscuity. I lived a destructive lifestyle because I felt worthless. Sometimes, I even considered whether or not I would be better off dead. There are thousands of Christians who suffer from confidence issues. The answer to these issues cannot be found in behavioral science, psychology, self-help or meditation. The answer is only found in the Bible. The answer is ultimately anchored to our relationship with God thru Jesus Christ. True confidence comes after you realize that the only opinion that ultimately matters is God's. Once you realize this, you re...



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