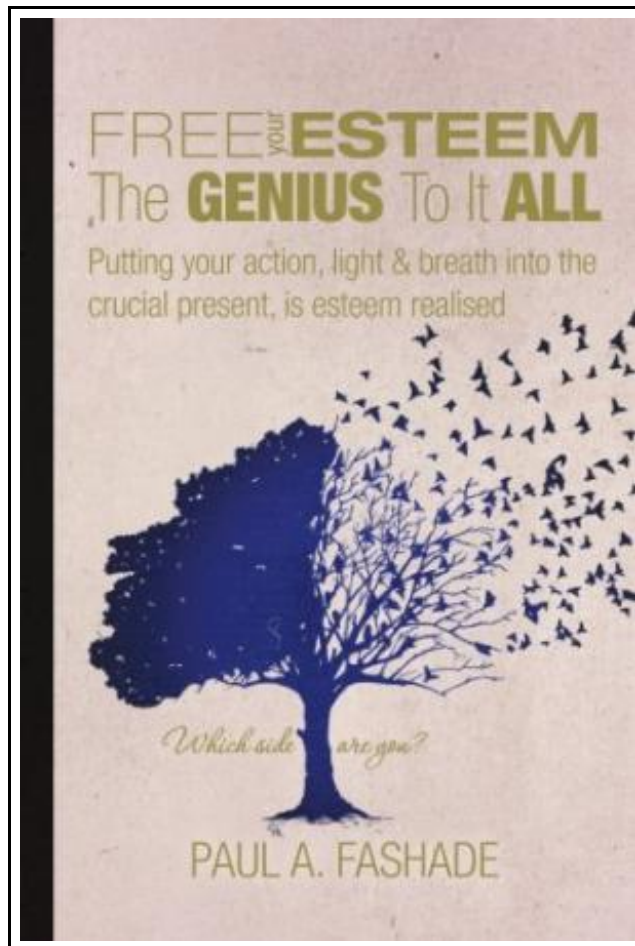


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Every day we are bombarded with a barrage of images and messages from society and the multimedia telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead normal or perfect lives, we would stop feeling inadequate. So most of us just perform, please, and perfect as much as possible this routine, while thinking, What if I can't keep all of these balls in the air? What if this pressure does not go away? Why isn't everyone else working harder and living up to my expectations? What will my family, friends and people think if I fail or give up? When can I please stop proving myself? Reading **Free Your Esteem The Genius To It All** is like a long, uplifting conversation with a very wise direct friend, who offers compassion and wisdom without holding back, and gives great advice. Paul A Fashade B.Sc., M.A. courageously tackles the dark emotions and unhelpful habits that get in the way of leading a fuller genuine life; read this book and let some of that courage rub off on you and more. - Helen Moore, Professor of Psychology - Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. - Lucille Ball Having courage is like an angel with beautiful wings that makes a good life into a great one.



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