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## African American Healthy Self-Esteem Understanding Why Low Self Esteem in African Americans Occur and How to Elevate Self-Esteem

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By Ramone Smith

iUniverse.com. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 7.8in. x 4.9in. x 0.5in. I remember it like it was yesterday at three years old watching the Brady Bunch and how stable that white family appeared to be. They lived in a big house, had both parents together, and seem to have enough resources to abundantly accommodate every family member. Mentally I contrasted this with my reality of our small apartment consistent instability and of course a prominent family member missing. I remember saying to my brother Glen, I wish I were White. I did not realize it at the time but my self-esteem was taking a deep plunge that would continue in a downward spiral through out most of my life. My story is not unique. In fact, unfortunately it is almost the norm for a large percentage of blacks born in urban neighborhoods of America. As a result, many of us grow up confused, afraid and uncertain about our abilities partly because our families are fragmented and we havent been taught the right tools we need to navigate our lives in a sometimes hostile environment. Subsequently we become adults and continuously make bad choices that have negative consequences...



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