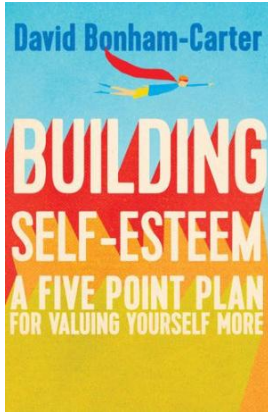


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# BUILDING SELF-ESTEEM: A FIVE-POINT PLAN FOR VALUING YOURSELF MORE



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- Authored by David Bonham-carter
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