

People with high self-esteem are the most desired, and desirable people in society.~Brian Tracy Nothing is more important than how you feel and think about yourself. A high opinion about yourself and who you are and what you do and basically a love for yourself is also one of the things that people often miss or have too little of in today's society. Just imagine the things we would accomplish if we had the belief that we could do absolutely anything, especially if we could maintain a level of self-esteem that no circumstance could shake. What would you be doing? Self-esteem = how much we like ourselves. How much we like ourselves = level of self-dominion. What is self-dominion? It is our ability to get ourselves to actually do, what we want ourselves to do; in other words, self-discipline and self-trust. A person who has dominion over themselves has self-integrity "staying true to their words and commitments. Every time we fail to listen to our inner voice, and do not take action in something that we need to, we lose trust with ourselves and our abilities. This lack of self faith continues to spiral downwardly as we flounder to fulfill more commitments. I want to thank you and congratulate you for downloading the book, "Self Esteem: Start Pursuing The Life that You Really Want and Stop living A life Filled with Regrets. Tried and True practices for Unstoppable Self Esteem in 30 minutes". This book contains proven steps and strategies on how to overcome your fears and anxieties to gain self-esteem. In unexpected moments and decisions, there is also a fast guide on how to have self-esteem in 30 minutes. This book also contains tips about how to live your life to the fullest. Having self-esteem also means having the ability to make good and sound decisions that may lead you to success and prosperity. Creating a purpose and vision in your life and setting goals to achieve them are important strategies to enjoy life better. Having no regrets is also a way to fully experience a complete and satisfactory life.

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