



## THE EVERYTHING SELF-ESTEEM BOOK : Boost Your Confidence, Achieve Inner Strength, and Learn to Love Yourself

By Sherfield, Robert M.

Adams Media, Avon, MA., 2003. Soft Cover. Book Condition: New. First Edition, 2nd ("B") Printing. BRAND NEW COPY. A book about reflection, personal and professional goals, growth, renewal and result as one journey through life --- who you are and what you have to offer as you move from the past to the present. 25 chapters of guidance towards inner peace and strengthening of the self, followed by 4 appendices.

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