



Unlocking the Secrets of Self-Esteem: A Guide to Building Confidence and Connection One Step at a Time

Marie Hartwell-Walker

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If you don't feel good about yourself, it can be difficult to reach your goals and live a happy, meaningful life. You may have already read countless books on building self-esteem, but after a while you end up right where you started—feeling like you just aren't good enough. So, what are the real secrets to genuine, lasting self-esteem?

Most books on self-esteem tell you that you should feel good about yourself, but they don't show you how to put self-esteem into *action*. In this book, psychologist Marie Hartwell-Walker offers a groundbreaking new approach to self-esteem based in mindfulness and positive psychology. This book provides practical, step-by-step strategies and skills to help you develop feelings of competency, gain resiliency, rebuild self-confidence, and feel good by engaging in positive actions.

Self-confidence is more than just a way of being—it's a way of doing! By taking steps to solve problems and overcome roadblocks by helping yourself (and others!), you will learn to practice self-confidence, rather than just think about it. If you're ready to learn the secrets to *genuine* self-esteem, and put what you've learned into action, this book will show you how.

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