

Title:

IMPROVING SELF ESTEEM WITH AFFIRMATIONS AND THERAPEUTIC RELAXATION MUSIC

Word Count:

2147

Summary:

Positive self-esteem is very important for our general health and wellness as human beings. H

Keywords:

self-esteem, affirmation, music, relaxation, healing, counseling, transformation

Article Body:

Positive self-esteem is very important for our general health and wellness as human beings. H

What is self-esteem? We commonly think that self-esteem is merely about how we feel about our

We also tend to think of our self-esteem as being something that is shaped by the events that

Given the fact that our thoughts determine our feelings or emotions and equally important that

Self-esteem can be improved or transformed in several ways. One way to improve ones self-este

Utilizing positive affirmations can be a very powerful tool for transforming what a person thi

The key to the effective use of positive affirmation in this or any other type of intervention

Enhancing My Self Esteem is an audio product that will effectively transform the very structur

I am currently using Enhancing My Self Esteem with all the clients that I counsel at the Holis

Harry Henshaw, Ed.D., LMHC

<http://www.enhancedhealing.com>

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