

Title:

Practical Ways Of Improving Your Self Esteem - Part 1

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Summary:

Having a low self esteem can arise for many and complex reasons, and different causes may require

It can sometimes be very di...

Keywords:

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Article Body:

Having a low self esteem can arise for many and complex reasons, and different causes may require

It can sometimes be very difficult to view yourself in a detached and critical way, without em

Something very important to remember is that, although you may not think too highly of yourself

How differently you may appear to others can be quite stunning, when compared to the way you f

When I watched that video, sitting with the ^jury~, I could not believe I was watching me. I h

There are a couple of lessons that can be learnt from this:

Firstly, I saw for the first time how differently you may be viewed from outside of yourself,

Secondly, what carried me through on that occasion was simply my memory. My ^natural~ memory w

What, then, can you do with those two lessons? As far as the way others see you is concerned,

If you find there is a part of your life, such as work environment, where your self esteem is

When it comes to memory, that is a skill that can be applied in just about any situation. Used

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