

Title:

The Power of Self-Esteem!

Word Count:

1262

Summary:

In the work place the power of self-esteem needs to be high so that ones confidence can guide

Keywords:

Women, woman, esteem, self, confidence, jealous, issues, help, work, free, abuse, sexuality, beauty, ugly

Article Body:

Why are there so many women haunted by a low self-esteem ?

I have shared many thoughts through out my articles on feelings, jealousy, worries, fears, a  
In the work place the power of self-esteem needs to be high so that ones confidence can guide  
There are two parts to the meaning of the power of self-esteem:

1: self-acceptance, which is an appreciation of ones worth as a human being.

2: self-confidence, the knowing that you are competent enough to use your gifts to their fullest

To have the power of self-esteem, one must be able to feel both emotions in a positive manner  
Through ones life, they have learned through negative experiences to doubt themselves, to fear  
We can run through our past, over and over and over again. We can bang our heads on the wall,  
The ability to shift your focus to positive mental thoughts during stress is the most important  
Your goal is to offset the mind-body reaction to the stresses we are constantly forced to deal  
Women are still in constant belief that only over weight woman, or not so pretty woman (by so  
Again I repeat this over and over, please read , "Why Do Pretty Girls Cry". It's all there. I  
Then why is it that you will search endlessly through every search engine for ways to get you

BREATHE DEEPLY

IDENTIFY THE NEGATIVE

NOW THINK THE POSITIVE

ACT UPON IT

BREATHE AGAIN DEEPLY

PAT YOURSELF FOR WINNING THAT WAR

NOW SMILE

YOU NOW HAVE, "THE POWER OF SELF-ESTEEM!"

Trust me here, the more you create this habit, my friends, the easier it becomes. Like anything

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"You cannot stop the birds of sorrow from flying over your head,  
but you can stop them from building their nests in your hair."

-Chinese Proverb

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