



# The Complete Idiot's Guide to Enhancing Self-Esteem

*Mark Warner*

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## **The Complete Idiot's Guide to Enhancing Self-Esteem** Mark Warner

You're no idiot, of course. You know there are moments when you have been creative, attractive, and even intelligent. But when it comes to sizing yourself up in the mirror, stepping onto a scale to get weighed, or socializing at a party full of extraverts, you feel like a wallflower that hasn't been watered in years.

Don't just stand there with your head in the sand! 'The Complete Idiot's Guide to Enhancing Self-Esteem' shows you how to break through negativity, open yourself to risk and change, and move towards a richer and more intergrated life. In this 'Complete Idiot's Guide', you get:

-Straightforward questions that will inspire you to look deeper within yourself.

-Self-quizzes that will help you see the 'real you' more clearly.

-Inspirational thoughts and poems.

-Insights drawn from the experiences of others.

-Common-sense advice on what to do when feeling insecure.

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