

Self Esteem Secrets

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While it is important to develop self-esteem in childhood since a person is very impressionable from the ages one to five, self-esteem can be developed at any time or age. One just has to be patient and persevering. There are many ways to develop self-esteem. There are various reading materials on this subject, one of the most famous is Chicken Soup for the Soul by Jack Canfield. Incidentally, he also conducts self-esteem seminars.

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