

Self-Esteem Affirmations

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Synopsis

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Low self-esteem can discourage you from going after your dream life. It can keep you living in fear, increase your anxiety levels and make you feel like you are not enough. No one should live like that - and only you can make sure you don't fall victim to the "why me" mentality.

These affirmations are meant to:

- Boost your confidence
- Increase your self-love
- Improve your mood and attitude
- Create a more positive perception of yourself

The audiobook version is set to uplifting music that will help ingrain these affirmations into your mindset. Don't let low self-esteem stand in the way of a better life. Take action and get an instant confidence boost with these affirmations.

Reader's comments

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