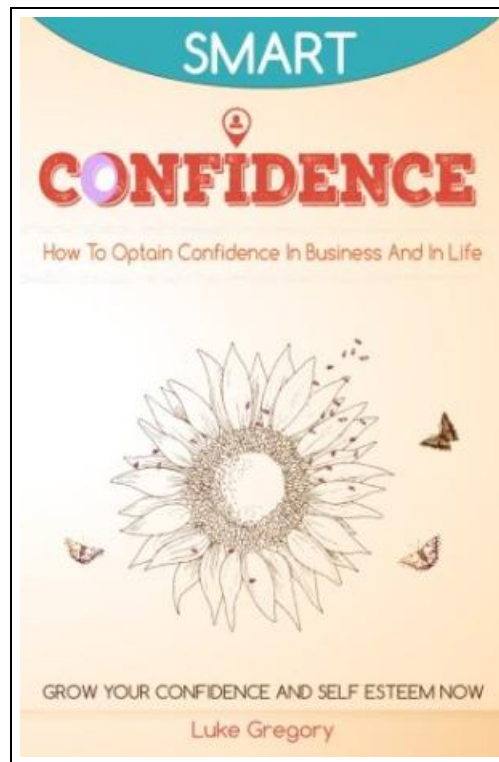


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.While many young children enjoy high levels of self-esteem, research shows that as they begin to age these levels begin to fall. By the time they become teenagers, many children report or exhibit signs of low self-esteem, with teen girls being more likely to suffer from the condition than teen boys. The debilitating issue of low self-esteem can persist into adulthood. Experts reveal that it affects as many men as women, but men are more hesitant to seek out help. Low self-esteem affects how a person forms relationships, performs at their job and contributes to the development of their community and the society as a whole. Your self-esteem is your perception of yourself and your capabilities. It encompasses how much you value and believe in yourself. It can manifest itself as your inner voice that tells you that you are capable, worthwhile and deserving of love and respect. It can also do the opposite, however, telling you that you are not good enough to achieve anything, or you are not worthy of the love and respect of others. Quite often your self-esteem becomes greatly influenced by how other people see and treat you. This influence can be supportive, leading you to love yourself and hence to develop high self-esteem. This high self-esteem allows you to see yourself as deserving of a good life and of being treated fairly. You have confidence in your capabilities and can honestly judge your strengths and weaknesses. You can form healthy relationships with others and offer nurturing support to those around you. It is because you love, appreciate and accept yourself that you can enjoy, appreciate and accept others. You take these feelings of low self-esteem into...



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