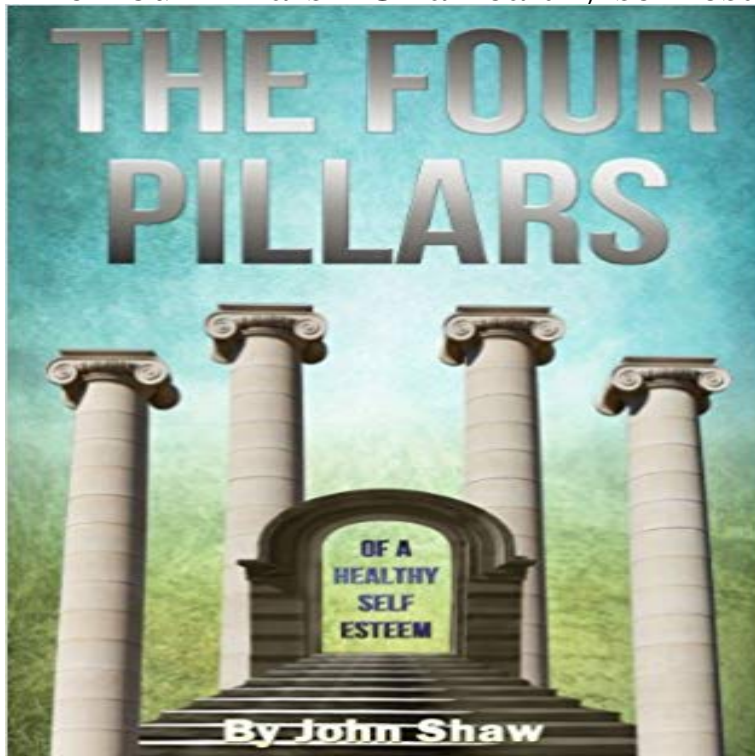


The Four Pillars - Of a healthy self-esteem



Whats the one thing that can help improve your relationships, boost your performance at work and encourage you to feel happy each and every day? Self-esteem plays a more important role in our daily lives than many of us realize. How we feel about ourselves greatly influences our overall outlook on life, our energy levels and the way that we treat others. Nearly every aspect of our behavior is dictated by how we see ourselves in any given moment. Our self-esteem is constantly under assault from the world around us. Everything from messages in the media to painful memories of the past to the hurtful actions of others can diminish our self-esteem. Over time, the negative influences of the people and the world around us can take a heavy toll, leaving us with a diminished view of ourselves that in turn negatively impacts our lives. The good news is that self-esteem can be improved with conscious effort. Just as you can exercise a muscle to strengthen it, you can also grow your self-esteem to make it a powerful, positive force in your life. The Four Pillars is a new book that teaches you the secret techniques that can improve your self-image and help you reap the benefits of a positive self-view in your daily life. The Four Pillars introduces readers to the four parts of your life that support your self-esteem. These are your Spiritual Pillar, Your Financial Pillar, Your Physical Pillar and Your Emotional Pillar. Each of these four pillars plays an essential role in the development and strengthening of your self-esteem. This easy-to-read and informative book examines each pillar, explaining how it plays an important role in your self-image. As you learn about the supports necessary to build and maintain your self-esteem in the face of adversity, The Four Pillars will help you identify areas in which you can stabilize each of the pillars in your life. The strategies and tips presented in the book will help you grow in your spiritual life, improve your financial

security, build a healthy body and stabilize your emotions. When you follow the guidance of the book, you'll slowly begin to change the way you see yourself and over time, develop self-esteem. The Four Pillars is available in as a 94 page eBook. The eBook is geared toward anyone who wants to develop their self-esteem, including professionals, students and teens, parents and seniors. The professional advice found in the eBook is well researched; and the positive actions recommended by the author can change your life forever by helping you build on areas that need improvement and confide in your strengths as you take on life's challenges.

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