



The Everything Self-Esteem Book: Boost Your Confidence, Achieve Inner Strength, and Learn to Love Yourself (Everything®)

Robert M. Sherfield

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If you're looking to completely change how you feel about yourself, *The Everything Self-Esteem Book* is the perfect guide to help you gain a positive attitude and brim with confidence. Noted speaker and educator Robert M. Sherfield, Ph.D., provides you with encouraging professional advice on how to build self-esteem through developing a positive mindset, defining your personal joys, and learning from and celebrating mistakes. *The Everything Self-Esteem Book* shows you how to:

- Recognize behavior that reduces self-esteem
- Set goals that work
- Build confidence at home and in the workplace
- Find happiness in all areas of your life
- Take positive risks
- Identify and eliminate people who bring you down

Whether you want to overhaul your life and build a positive sense of self-worth or are just preparing for the journey, *The Everything Self-Esteem Book* is an essential guide to help you realize a healthier life.

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