



The Self-Esteem Coach: 10 Days to a Confident New You

Lynda Field

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Research shows that happiness and self-esteem do not depend on success; on the contrary, success is the result of happiness and self-esteem. That means we can raise our game in every area of our lives if we simply concentrate on becoming more self-confident and content! Through her 10-day self-esteem program, top life coach and self-esteem expert Lynda Field will help you become motivated, solve personal problems, focus on your goals, and enjoy strong relationships. It's the effortless way to become a confident new you.

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