



## How Do I Love Me?

*Helen M. Johnson*

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## **How Do I Love Me?** Helen M. Johnson

This excellent book on self-esteem grew out of the author's many years of successfully teaching people of all ages and walks of life how to acquire a high level of self-esteem and how to keep it. Ms. Johnson's experiences as an elementary school teacher, high school and college counselor, lecturer, consultant and workshop leader have been drawn upon to develop this readable and practical "how to" book on self-esteem.

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