



Women and Self-Esteem: Understanding and Improving the Way We Think and Feel About Ourselves

Linda Tschirhart Sanford, Mary Ellen Donovan

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Many women feel the distressing effects of low self-esteem. They worry that they are inadequate or worthless; feel insecure about their looks and dissatisfied about their bodies; doubt that they are lovable; secretly believe that they don't deserve success and happiness; harbor fears that they are not bright enough, not talented enough, just not good enough.

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