



The Little Book of Big Feared Truths: Overcoming the Main Obstacle to Healthy Self-Esteem

By Herbert S. Demmin

Blue Dolphin Publishing, United States, 2008. Paperback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Little Book of Big Feared Truths is concise, digestible, and easily understood. It is a coherent and organized guide on improving self-esteem. Healthy self-esteem requires that you become the absolute authority on your self-identity. As the supreme court judge of who you are, you are no longer vulnerable to the reactions of others; they can no longer influence the way you feel about yourself. But your attempts to improve self-esteem have likely failed because you've been hiding Feared Truths about yourself that you don't want to face. You're terrified that such truths make you a reject. Therefore, you hide them from yourself and everyone else, afraid of being exposed as an impostor. To improve self-esteem and overcome the unpleasant symptoms stemming from your strategies to avoid Feared Truths, you must courageously confront and identify them. This book outlines thirteen strategies which help identify Feared Truths so that you can give them a Fair Hearing. During a Fair Hearing, Feared Truths are put on trial: All the evidence potentially confirming the validity of...



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