

30 分钟系列丛书 **15**

怎样增强自信心

(英汉对照)

帕特丽夏·克莱豪恩著

... To Boast Your Self-Esteem



对外经济贸易大学出版社

30分钟系列丛书 ①

怎样增强自信心

(高江时编)

吉林出版集团有限责任公司

...To Focus Your Self-Expression



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1

TAKE A MINUTE TO...

Consider Your True Worth

Self-value

How much do you really value yourself? Do you sometimes feel under-valued and unappreciated? Are there times and situations when you feel lacking in self-worth? Would you like to feel inwardly confident instead of struggling to maintain an outward facade of confidence?

Perhaps more than anything, you want to have a way of giving that confidence to yourself when the pressure is on and you're short of time. So now if you simply let go and take a few minutes, you can start to build a basis of self-esteem that