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Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion) (Volume 1) PDF



by Yong Kang Chan : **Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion) (Volume 1)**

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Description :

PDF-5658b | Struggling with low self-esteem? Still feeling inferior, unworthy and not good enough despite all your effort to change? On the surface, we should be happy. We have all the things we need — a decent job, a stable income, and great friends. We have improved our self-confidence. We thought that we had overcome our low self-esteem issues. But yet, deep down inside, nothing has changed — we still fe... *Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion) (Volume 1)*

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