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Ten Days to Self-esteem offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on common sense and are not difficult to apply. Research shows that they really work! Feeling good feels wonderful. You owe it to yourself to feel good! Ten Days to Self Esteem. Ten Days to Self-Esteem - The water's fine! There's a reason I haven't written about Ten Days to Self-Esteem by David D. Burns, M.D. and a handful of other "workbooks"... I start them but don't finish any of 'em.

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