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If you have low self-esteem, it affects every area of your life. It detracts from your enjoyment and happiness. Overcoming low self-esteem can be accomplished if a person is willing to work at it. It doesn't happen overnight, and it takes a lot of work and patience, but the payoff is well worth the effort.

Low self-esteem can have harmful effects on your mental health, your decisions about your appearance and ultimately, your future. It's not easy to like every part of the way you look, but getting stuck on negatives can really bring down your self-esteem.

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DR MELANIE FENNELL is the author of Overcoming Low Self-Esteem and Overcoming Low Self-Esteem Self-Help Course. She currently works as the Director of an advanced cognitive therapy course, which is a collaborative venture between

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Both low self esteem and low life esteem are concepts that have to do with a perceived lack of wholeness. Both concepts engender a feeling of basic distrust: Distrust in yourself, and distrust in life. Both these conditions of non-trust are crippling.

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Self-esteem is something everyone suffers from in their life - some more than others. Yet, few people know how to overcome low self-esteem or make any effort to learn to. Instead, most people tend to believe that every thought their mind tells them is the truth and thus let their negative thinking rule them.

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