



Breaking the Chain of Low Self-Esteem

Marilyn Sorensen

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Marilyn Sorensen

Breaking the Chain of Low Self-Esteem Marilyn Sorensen

Finally, a book that fully reveals the devastating inner experience of low self-esteem and explains how LSE negatively controls the thinking, feelings, and behavior of those who suffer from it. Readers say they are astonished at how closely this book mirrors their lives, and that years of therapy did not explain what they read in this book. (A companion workbook available 08/2002)

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