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self-esteem. Self-
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Self-Esteem. If you struggle with low self-esteem, or you're seeking positive and effective ways of building a healthy sense of self-worth, this much-anticipated fourth edition of the best-selling classic by Matthew McKay is your go-to guide.

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“Low self-esteem has been linked to teen pregnancy, making it even more challenging for girls growing up in poverty to reach self-sufficiency. The Girls Project is important because it reminds girls that substance and character are more important than appearance,” said Human Resources Administration Commissioner Robert Doar.

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