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Circumstances and status can affect self-esteem-many factors can contribute to the way we see ourselves-but the one contributing factor that all people who struggle with low self-esteem have in common is our thoughts. Of course we all have a better chance of feeling good about ourselves when things are going well, but it's really our interpretation of our circumstances that can cause trouble ...

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experiences and teachings. A person's intelligence level, IQ, is static and has been scientifically proven to contribute only 20% of a person's success.

The Self-Esteem Elevation for Children Program - A Reading ...

Self - Esteem Programs. Self - esteem programs are offered in some schools. Programs encouraging self - esteem began as early as the 1960s. Stanley Coopersmith's research demonstrated that self - esteem was extremely important to becoming a functional adult.

Self Esteem Programs For Adults - 10/2020

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