



**10 Soluciones simples para elevar la autoestima:  
Como terminar con la inseguridad en si mismo,  
ganar confianza y crear una autoimagen positiva  
(Volume 1) (Spanish Edition)**

*Glenn R. Schiraldi*

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Cómo terminar con la inseguridad en sí mismo, ganar confianza y crear una autoimagen positiva. Quienes carecen de autoestima son más propensos a padecer depresión, ansiedad y una gran variedad de síntomas físicos y psicológicos. Para paliarlo, Glenn R. Schiraldi, doctor en Filosofía, propone una serie de actividades sencillas que reducen el estrés, le dan significado a la vida e incrementan el amor propio.

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