



Beyond Self-Esteem: Discovering Your Boundless Self-Worth

By Eloisa Ramos

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.How can we overcome the problem of seeing our self negatively and the resulting low self-esteem? Is there a way to be in a state of awareness where our goodness and self-esteem is evident, irrefutable, and permanent? This book opens your mind to the presence within of your boundless and inherent self-worth; transforming the way you think about your self, life, and the world in revelatory ways. Using every-day experiences and insights gained with the help of her training in the practice of EFT (Emotional Freedom Techniques), being a mother of four, a wife and her study of the book, A Course in Miracles, Eloisa Ramos sheds light into our perceptions; how we come to think the way we do and subconscious processes that often lead us to see our self and the world negatively. Beyond Self-Esteem: Discovering Your Boundless Self-Worth opens your mind to a Spiritual understanding of your self and to the inherent, limitless value that is found there. Unlike most other self-help books which paint self-esteem as something that needs to be built up and...



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