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Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem. 3rd Edition. by Matthew McKay (Author), Patrick Fanning (Author) 4.6 out of 5 stars 315 ratings. ISBN-13: 978-1572241985.

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Our educational self-esteem program for females of all ages. Females from ages 5 through 105 learn how to think about themselves with confidence and greater insight. Our seminar for anyone who is responsible for the care of a child. Learn how to connect with your child in a unique way and elevate their level of independence.

Self-Esteem Rising | Presented by the Hance Family Foundation

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hrs and 53 mins. Categories: Health &
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5 out of 5 stars. 5.0 (7 ratings)

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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.

Introducing the New York City Girls Project | City of New York

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