



Beyond the Myth of Self-Esteem: Finding Fulfilment

John Smith

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Enticing yet potentially damaging ‘myths’ about self-esteem have become so deeply entrenched in pop culture that many accept them as truth. They have infiltrated parenting, teaching, the media, celebrity culture, advertising and even religion.

Drawing on a wide range of resources and insights from his extraordinary experiences, John Smith uncovers common myths about self-esteem and explores their effects on individuals and society. To those who have come under the influence of these myths, he offers a fresh perspective on self-esteem and personal identity and the possibility of a more meaningful and fulfilling life.

Beyond the Myth of Self-Esteem is essential reading if you are looking for a deeper understanding of your world. It will be of particular interest to those who have encountered unexpected obstacles along the path to living their dreams or have a lurking suspicion that there must be more to life than chasing success and spending money.



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