



**Self Esteem: The Ultimate Box Set: Self
Confidence: How To Overcome Shyness, Worry
And Boost Your Self-Esteem & Codependency:
How To Be Codependent No ... How To Overcome
Insecurity And Shyness)**

Anastasia Verg

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BOOK #1: Self Confidence: How To Overcome Shyness, Worry And Boost Your Self-Esteem

You are about to discover how to stop worrying once and for all, how to improve your low self esteem and how to become extremely confident!

In **Self Confidence - How To Overcome Shyness, Worry And Boost Your Self-Esteem** you will find out proven steps and strategies you can start applying instantly, in order to build up your confidence as well as your self esteem. You will learn about the importance of external appearance, little known tips you can implement and some mistakes you have to avoid. You will learn about positive affirmations, how and when to properly use them and of course why you should even bother. You will be able to determine whether you are suffering from insecurity and how to overcome it. Furthermore, you will find out how to stop worrying and start living and how to harness the power of positive thinking. Finally, you will learn ways you can instantly apply to improve your self esteem and how it can affect the quality of your relationships.

Here Is A Preview Of What You Will Learn...

- How To Overcome Shyness By Changing Your Appearance
- How To Be Confident By Using Positive Affirmations
- How To Overcome Insecurity Once And For All
- How To Stop Worrying Using The Power Of Positive Thinking
- How To Improve Low Self-Esteem And Have Healthy Relationships

BOOK #2: Codependency: How To Be Codependent No More And Overcome Codependency Once And For All

In **Codependency - How To Be Codependent No More And Overcome Codependency Once And For All** you will learn some facts about the subject of codependency that everyone has to know, if they want to improve the quality of their relationships. You will learn the 10 warning signs of codependency and therefore you will be able to identify them in your own personal behaviour. That way, you will be able to evaluate whether or not you have codependency tendencies.

You will learn 5 ways that should you apply will help you slowly, yet steadily overcome your codependency behaviour and have healthier relationships. Finally, you will find out some actionable steps that you can apply, will have a huge impact on the quality of your emotions and will eventually help you get rid of codependency for good.

Here Is A Preview Of What You Will Learn...

- What Everyone Ought To Know About Codependency
- Do You Recognize the 10 Warning Signs Of Codependency
- Are You In A Codependent Relationship
- 5 Ways To Be Codependent No More
- How To Overcome Codependency Once And For All

The price will eventually go up, but for a limited time you can download **Self Esteem: The Ultimate Box Set** for a special discounted price of only \$3.99.

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Barbara Morton:

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