



## The Gifts of Imperfection: Self Esteem- Start Pursuing the Life You Really Want, Tried and True Practices for Unstoppable Self Esteem in 4 Days or Less

By Jessica Virna

Createspace, United States, 2008. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self-esteem is essential for our survival. Without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. She Grasped the Pills in her hand . She Counted down from 3.2.1, She Happiness is always eluding us, as soon as we try to grasp it, the faster it slips away from our grasps. Jessica was not happy. Forget that, happy doesn't even come close to describing Jessica. A better word to describe Jessica would be that she was covered in a thick blanket of mild depression. On the outside she would always put up a front of happiness and a smile to put others around her at ease. But on the inside her soul was in a constant state of agonizing pain. Expectations from others were stacked on top of her, one after the other. She was suppose to be perfect, the person that people looked up to for help, She was gorgeous all the ladies wanted to be her friend, and the men wanted to be with her. Despite all this, She...



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