



## Self Esteem & Peak Performance

By Jack Canfield

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Self Esteem & Peak Performance By Jack Canfield

*Discover how to live life with energy and optimism. Learn to feel good about yourself and others.*

**This best-selling Jack Canfield program will show you how to keep your self-esteem high -- and live your life with more energy, confidence, and enthusiasm.**

Program Highlights:

- \* How to get what you want in life by letting go of fear
- \* When to learn from criticism and when -- and how -- to ignore it
- \* How to muster the courage to stand up for what you know is true
- \* How to hold onto your self-esteem after a big failure

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## **Self Esteem & Peak Performance By Jack Canfield Bibliography**

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