



# How to Build Self Esteem: Start Loving yourself - and Life - Today

*Angelika Chance*

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Self-esteem is a funny issue.

If you leafed through a celebrity magazine at any time of the week, you could be fooled into believing that self-esteem is something that comes after you've been working hard at the gym for 6 months to achieve a body to die for.

Or perhaps you might think that self-esteem is something that is dependent on how popular you are, with the more Facebook friends you have deciding your happiness.

But self-esteem is not like this. It doesn't come automatically with a perfect body, and nor do all your cares vanish when you've got a million friends asking what you're doing tonight.

Self-esteem is instead a case of introspection; it's about loving who you are for what you are.

It's about loving your imperfections, blemishes, foibles and so on.

The problem is that society's messages have skewed how we think self-esteem can be attained. It's taught us that we're only as happy as the most expensive material possession we own.

Got a worse car than your neighbor? No self-esteem for you!

But self-esteem is about self-love. It's about knowing your worth to yourself.

Not all of us know how to be happy with who we are, and therefore some of you might be wondering how to build your self-esteem.

So let's take a look at nine ways in which you can build your self-esteem and start loving yourself - and life - today.

## Here Is A Preview Of What You'll Learn...

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