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Mruk's model 5.5 of self esteem. - ResearchGate

Low self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts.

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30 May 2020 — Overcoming low self-esteem : a self-help guide to using cognitive behavioural techniques. by: Fennell, Melanie J. V. Publication date: 1999.

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