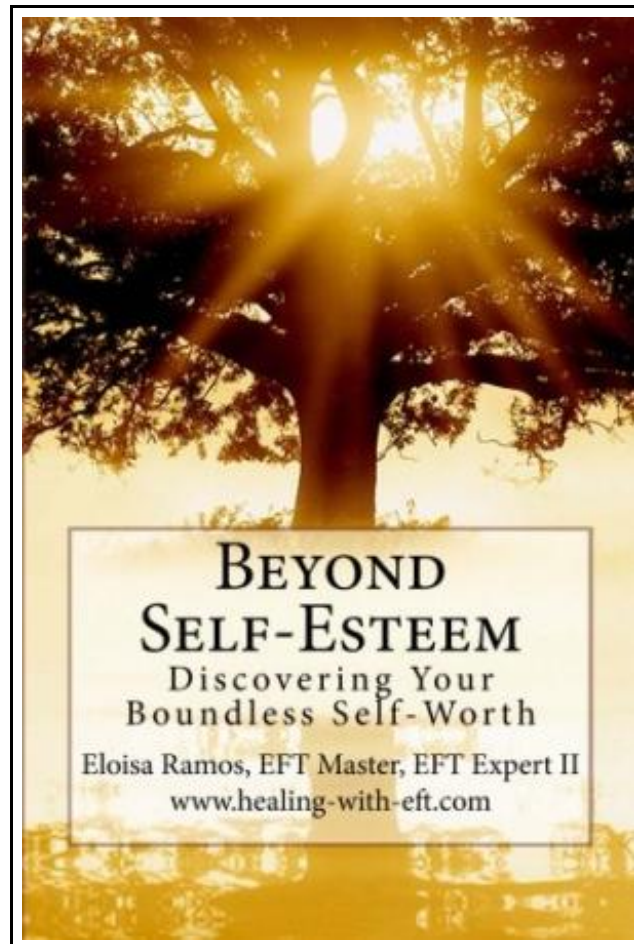


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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.How can we overcome the problem of seeing our self negatively and the resulting low self-esteem? Is there a way to be in a state of awareness where our goodness and self-esteem is evident, irrefutable, and permanent? This book opens your mind to the presence within of your boundless and inherent self-worth; transforming the way you think about your self, life, and the world in revelatory ways. Using every-day experiences and insights gained with the help of her training in the practice of EFT (Emotional Freedom Techniques), being a mother of four, a wife and her study of the book, A Course in Miracles, Eloisa Ramos sheds light into our perceptions; how we come to think the way we do and subconscious processes that often lead us to see our self and the world negatively. Beyond Self-Esteem: Discovering Your Boundless Self-Worth opens your mind to a Spiritual understanding of your self and to the inherent, limitless value that is found there. Unlike most other self-help books which paint self-esteem as something that needs to be built up and improved, Beyond Self-Esteem dispels this widely accepted perception and helps guide us to a mind-opening idea: that our self-worth already exists whole and perfect. This book will take you deep into the inner workings and belief structures of your perceiving mind, teaching you how to uncover, revise and let go of your negative beliefs around self-worth and discover the untouchable and boundless Truth. A Truth beyond self-esteem.



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