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Our educational self-esteem program for females of all ages. Females from ages 5 through 105 learn how to think about themselves with confidence and greater insight. Our seminar for anyone who is responsible for the care of a child. Learn how to connect with your child in a unique way and elevate their level of independence.

## **Self-Esteem Rising | Presented by the Hance Family Foundation**

Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem. If you struggle with low self-esteem, or you're seeking positive and effective ways of building a healthy sense of self-worth, this much-anticipated fourth edition of the best-selling classic by Matthew McKay is your go-to guide.

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A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem. By: Matthew McKay PhD , Patrick Fanning. Narrated by: Gillian Vance. Length: 13 hrs and 53 mins. Categories: Health & Wellness , Psychology & Mental Health. 5 out of 5 stars. 5.0 (7 ratings)

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Self-Esteem THIRD EDITION MATTHEW MCKAY, PH.D. PATRICK FANNING New Harbinger Publications, Inc. Publisher's Note Thi...

## **Self-Esteem. A Proven Program of Cognitive Techniques for ...**

“Low self-esteem has been linked to teen pregnancy, making it even more challenging for girls growing up in poverty to reach self-sufficiency. The Girls Project is important because it reminds girls that substance and character are more important than appearance,” said Human Resources Administration Commissioner Robert Doar.

## **Introducing the New York City Girls Project | City of New York**

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