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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Self-esteem Boosters For Women

By Kadence Buchanan

Women have learned all the secrets and little tricks that can make their faces glow, their bodies firm and their skin and hair flawless. But there's one area where we still have much to learn. And it has a lot of bearing on how we look as well. It is in taking care of our self-esteem.

We all know that when we're feeling down, inferior or unworthy, our faces sag and our overall features look tired and defeated. Some may even argue that having strong self-esteem is more attractive than having the right physical attributes, and they may have a point. Following are a few simple tips that can help women rev up their self-esteem.

1. Press The Magic Button -- Most of us need to boost our self-confidence every now and then. One of the best ways to do this is to recall exactly who we are and why we should feel good about ourselves. Create a Magic Button -- a mental image of three things that make you feel good -- and press on it once in a while. These things could include images of your biggest achievements, the smiling faces of people who matter to you or something as simple as a piece of music.

This Magic Button is especially important when we down and things aren't going our way. We have to remember that whatever setbacks we've faced are temporary. We've overcome them before to reach success. Press that magic button.

2. Overcome self-consciousness -- Yes, self-consciousness is probably the biggest enemy of self-confidence. We tend to look at ourselves too harshly and focus on our perceived faults and shortcomings. To overcome self-consciousness, you should try focusing on others: try to put other people at ease, check the room for people who you might learn to like, make a mental note of possible business contacts.

Sometimes, if focusing on other people proves difficult, we can ease our self-consciousness by looking intently at our surroundings -- examining paintings, admiring furniture and decor, anything that will take our minds off ourselves.

3. Don't Stand For Undue Criticism – Sometimes our self-esteem ebbs because we allow others to treat us like rags and walk all over us. This is something we should never allow, even if we have made a mistake or come up wanting in a situation. We should bear in mind that even top-notch people make mistakes.

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Methods Of Self-Esteem Improvement

By Holly Dodd

Many of us suffer from low self esteem and lack self confidence, you'll be happy to know that there are many methods for self esteem improvement.

The first question you should ask yourself when attempting to improve your self esteem is whether there are issues that need to be addressed with a professional counselor. This is particularly true if your low self esteem is driving you to abuse alcohol or other drugs and is interfering in your life in a major way. If so, you may need to speak with a therapist or counselor who specializes in self esteem issues.

If you want to raise your self esteem but are not having major self esteem problems, then a trip to the local library or book store may help. There are hundreds of self help books, self help groups, self help tapes, self help videos to choose from as self help is a particularly hot topic these days. You may even want to hire a personal coach. These tools will help you improve your self esteem dramatically if you put the advice and recommendations that you receive into action.

One of the real keys to improving self esteem is in taking action. Many people who suffer from low self esteem often get stuck in a rut which drives their self esteem even lower. To raise self esteem, you need to set goals for yourself and then take the necessary actions to meet these goals. Just taking continual action will move you closer towards goal attainment and stop you feeling as if you are worthless and at the mercy of others.

Pay close attention to how you talk. Negative self talk is a real self esteem killer. Make a habit of

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trading the words "I can't" to "I will" Having positive expectations will go along way towards increasing you self esteem.

And don't feel as if you're alone. There are thousands of people just like you that of people who suffer from low self esteem and need to improve how they look at themselves and the world around them. You are not alone and you can create the life that you dream of, you just need to start taking steps in the right direction. The sooner you start the sooner you can start enjoying your life as it was meant to be enjoyed.

Holly Dodd publishes a variety of websites. For more information on debt consolidation visit

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