

How To Build Your Self Esteem



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There are various definitions of self esteem, but in essence, it is the value we place on ourselves as individuals and in relation to others. Maurice Rosenberg in the 1960s said that self esteem can be self tested. This period of the development of social sciences saw the development of testing and measuring methods which enabled more empirical studies to be carried out. Previously most of the social scientists were known primarily for their theoretical work.

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