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Una buena autoestima incrementa las emociones positivas. Además, entre otras cosas, permite alcanzar mayor eficacia en las tareas, mejorar las relaciones con las personas, establecer un vínculo más equilibrado con los demás y ganar en independencia y autonomía.

Sé valiente: comienza el romance contigo mismo en un «yo sostenido» que te haga cada día más feliz y más resistente a los embates de la vida cotidiana.

<b>Title</b>	:	Enamórate de ti
<b>Author</b>	:	Walter Riso
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<b>File Size</b>	:	337.84kB

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