



# Claiming Your Self Esteem: A Guide Out of Codependency, Addiction, and Other Useless Habits

*Carolyn M. Ball*

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## **Claiming Your Self Esteem: A Guide Out of Codependency, Addiction, and Other Useless Habits**

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Through discussions of the dynamics of self-esteem, stories of successful life transformations, and powerful exercises that really work, psychotherapist and teacher Carolyn Ball shows that when we learn to love and respect ourselves, we can live the kind of happy and creative lives we have always wanted.

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