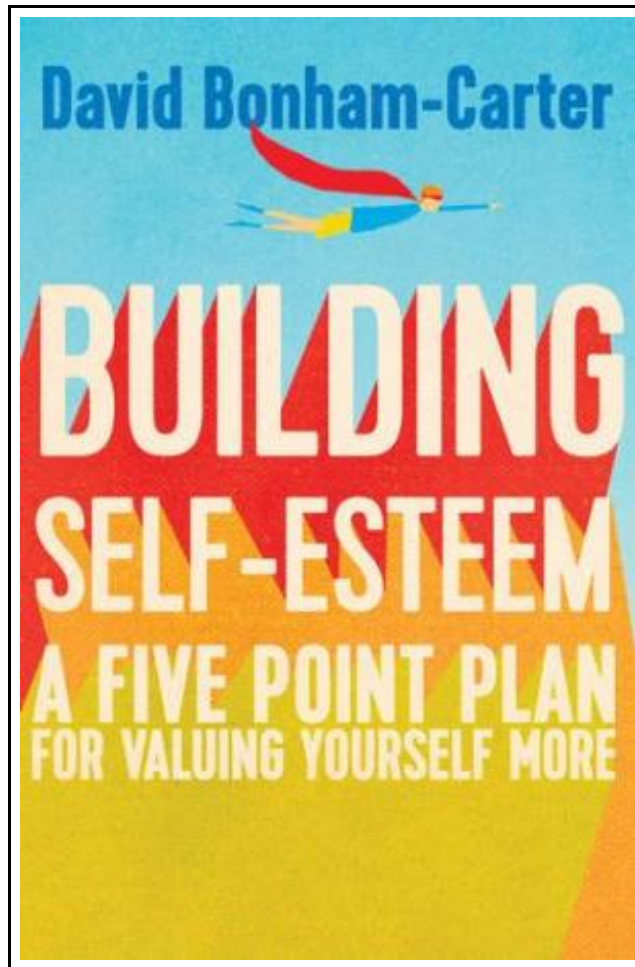# Building Self-Esteem: A Five-Point Plan for Valuing Yourself More

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