



I Love Me: Self-Esteem in Seven Easy Steps (Morgan James Kids)

Elisha

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I Love Me: Self-Esteem in Seven Easy Steps (Morgan James Kids) Elisha

Statistics show that up to 90% of children in the U.S.A. struggle with low self-esteem. 75% of boys and girls with low self-esteem are reportedly participating in harmful activities. Every 7 minutes a child is bullied!

Written and beautifully illustrated by 9 and 10 year old sisters, I Love ME! is an easy, fun guide for boys and girls 7-12 to develop self-confidence in 7 simple, yet powerful steps. Through personal stories, fun exercises, affirmations, and practical tips, I Love ME! teaches and inspires kids and tweens to have the courage to love themselves, take care of themselves, choose well, be grateful, believe in themselves, be more, and give back so they can be happier, more successful, and bully-proof! In this book, kids and tweens will discover: 1. Their own uniqueness and many talents so they can be empowered to dream big 2. Why it is important to love their body and take care of it 3. How to make choices that help them live a life with fewer regrets 4. A fun, original, creative game to instantly find gratitude for everything and everyone 5. Things they need to do in order to avoid falling into the bullying and victim "traps" 6. Where and how to look for the right sources of information to keep a positive mindset 7. How they can set themselves up for success and set a good example for others and much more!

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