

<p>www.eagleprep.com</p> <p>“To believe that if we could have but this or that we would be happy is to suppress the realization that the cause of our unhappiness is in our inadequate and blemished selves. Excessive desire is thus a means of suppressing our sense of worthlessness.”</p> <p>Eric Hoffer The Passionate State of Mind</p>	<p>www.eagleprep.com</p> <p>“You either have to accept both praise and criticism as a learning tool or reject both as un-useful to your life...Constructive criticism is advice that is backed up with facts, experience, and knowledge.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“The journey of a thousand miles begins with a single step.”</p> <p>Chinese proverb <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Healthy self-esteem is having a positive, affirmative, and constructive view of yourself. These words suggest that you believe in your capabilities; accept your <b>strengths and limitations</b>; set and work toward <b>realistic goals</b>; develop positive, <b>rewarding relationships</b>; and discover <b>comfort</b> in the world around you.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Unhealthy self-esteem is having a negative, pessimistic, disapproving view of yourself and the inability to see beyond your limitations and problems.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“In the past ten to fifteen years, self-esteem theory has moved away from the concept that well-planned goals, hard work, and achievement brings healthy self-esteem and rushed toward the notion that self-esteem comes from a series of meaningless phrases and inappropriate praise.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Low self-esteem is a mental health problem. Low self-esteem can cause you to lose sight of your goals, weaken your motivation, deprive you of meaningful relationships, and cause you to focus only on your limitations.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“<b>Acquiring healthy self-esteem is more than saying, ‘I’m great,’ it is about setting goals and <i>doing things</i> to make yourself great.</b>”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Healthy self-esteem- <b>confidence</b> in our ability to think, <b>confidence</b> in our ability to cope with the basic challenges of life, and <b>confidence</b> in our right to be <b>successful</b> and <b>happy</b>, the feeling of being <b>worthy</b>, <b>deserving</b>, entitled to assert our needs and wants, achieve our <b>values</b>, and enjoy the fruits of our <b>effort</b>.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Ninety percent of the world’s woes comes from people not knowing themselves, their abilities, their frailties, and even their real virtues. Most of us go almost all the way through life as complete strangers to ourselves.”</p> <p>Sydney Harris <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p>www.eagleprep.com</p> <p>“According to a survey in the <i>Journal of Personality and Social Psychology</i>, the categories that bring most people joy are: autonomy (the feeling of <b>independence</b>), competence (the feeling of knowing that you are <b>effective</b>), relatedness (the feeling that you have <b>positive relationships</b>), and self-esteem (the feeling of <b>self-worth</b>).”</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>	<p>www.eagleprep.com</p> <p>“Happiness is like love; it is intangible. It cannot be touched. You can’t put your finger on it and hold it or caress it. You can’t put it in a box and store it for a later date. Sometimes, when you can’t see something, you tend to give it up. This can be the case with happiness. A certainty about happiness is that you know when you feel it and you know when you don’t”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>
<p>www.eagleprep.com</p> <p>“The way you feel about yourself largely determines the amount of joy and happiness <b>you</b> let into your life. If <b>you</b> don’t feel worthy of happiness, <b>you</b> won’t allow any to come to <b>you</b>. If you constantly feel as if <b>your</b> happiness is a lost cause, <b>you</b> are going to stop looking for it and will not be able to recognize it when it is right before you.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>	<p>www.eagleprep.com</p> <p>“Unhealthy self-esteem can do one of two things to your relationships. It can cheat you out of relationships that could greatly enhance the quality of your life, or it can place you in relationships that are abusive, unloving, damaging, and even deadly.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>
<p>www.eagleprep.com</p> <p>“A relationship is about moving from “I” to “we.” Any relationship, be it intimate, work, or friendship, is about understanding that you do not exist in the world alone. It is about choosing to share yourself with another person on levels that acquaintances and strangers never know. True healthy relationships are about bringing out the best in each other.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>	<p>www.eagleprep.com</p> <p>“The maintenance of self-esteem is a <b>continuous task</b> which taxes all of the individual’s powers and inner resources.”</p> <p>Eric Hoffer</p> <p><i>The Passionate State of Mind</i></p>
<p>www.eagleprep.com</p> <p><b>“You have the power to change any aspect of your life that you choose.”</b></p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>	<p>www.eagleprep.com</p> <p>“Going through a major life change can cause the same emotional reactions as going through a death. You may have to deal with stages of immobilization, denial, anger, bargaining, depression, testing, and acceptance. It is normal and natural to experience these emotions when major change occurs.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>
<p>www.eagleprep.com</p> <p>“In 1953, a goal setting study was conducted at Yale University. Students were asked if they had a goal and a plan. Only 3 percent replied yes. In 1973, a follow-up study was conducted and it was found that the 3 percent who had goals and a plan had a combined net worth that was greater than the remaining 97 percent of the class.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>	<p>www.eagleprep.com</p> <p>“What factors contribute to the failure of my goals? People fail at their goals for many reasons. They procrastinate and don’t take any positive actions, they do not plan their objectives well, they do not have all of their information needed to be successful in the goal, the goal is not realistic or believable to them, and lastly, goals can fail because people are not committed to the changes a goal can bring.”</p> <p>Dr. Robert M. Sherfield</p> <p>THE EVERYTHING SELF-ESTEEM BOOK</p>

<p>www.eagleprep.com</p> <p>“If you are not out there creating your own future, you have no right to complain about the one that is handed to you.”</p> <p><b>Unknown</b></p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is so is your destiny.” The Upanishads</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“The quality of life for U. S. citizens has risen steadily since the 1950’s, while people report that their level of happiness is no greater since W.W.II. According to a report in <i>US. News and World Report</i>, people today are ten times more likely to suffer depression as those born two generations ago.”</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“The only thing worse than not getting everything you want in life, is getting everything you want.”</p> <p><b>Anonymous</b></p>
<p>www.eagleprep.com</p> <p>“Researchers on happiness have found that enjoyment assists in good physical health, positive mental health, reduces stress, protects against illness, and combats negative mental activity.”</p> <p><b>Dr. Robert M. Sherfield</b></p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Pleasure leads to a reduction in stress hormones and leads to a better immune response, and therefore, more resistance to illness. Happiness tends to be greater among people in good physical shape and who have an abundance of energy.”</p> <p><b>Dr. Robert M. Sherfield</b></p> <p><i>THE EVERYTHING SELF-ESTEEM</i></p>
<p>www.eagleprep.com</p> <p>“Most habits are formed because we gain something from the action. If you have a habit of thinking negatively about yourself, it is a condition that you found worked at some place, for some reason, and you have repeated it so often, it became a habit. All habits can be broken.”</p> <p><b>Dr. Robert M. Sherfield</b></p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“What is the difference between religion and spirituality?”</p> <p>“Religion is the belief in a supernatural power that is often tied to an organization such as Catholicism or Judaism. Spirituality tends to be more personal and individualized, not tied to one particular set of beliefs.”</p> <p><b>Dr. Robert M. Sherfield</b></p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Spiritual activities such as prayer, contemplation, and meditation can reduce stress, promote a healthier lifestyle, and intensify your sense of belonging. Spirituality can also have a positive effect on brain activity.”</p> <p><b>Dr. Robert M. Sherfield</b></p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“All social disturbances and upheavals have their roots in crises of individual self esteem, and the great endeavor in which the masses most readily unite is basically a search for pride.”</p> <p><b>Eric Hoffer</b></p> <p>The Passionate State of Mind</p>

<p>www.eagleprep.com</p> <p>“Exercise aids the body in many ways, but specifically, it helps the body release endorphins (a natural body chemical) into the bloodstream. Endorphins help fight stress by calming the body.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Exercise does more than strengthen the body and keep you physically healthier; it also helps relieve stress, decreases the potential for depression, and subsequently, helps you build healthier self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Studies suggest that diets high in fat and sodium, such as the typical American diet, may influence the development of cardiovascular disease, certain cancers, and high blood pressure.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Drug abuse has a direct impact on the number of violent crimes, traffic deaths, domestic and child abuse cases, and self-inflicted injuries in the United States.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Study after study have proved that the use of drugs and alcohol lowers your inhibitions and allows you to do things that you might not normally do...Unsafe sex can result in a plethora of negative events such as unwanted pregnancy, contracting an STD, contracting HIV, immense guilt, fear, self-doubt, and lowered self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“It is true that when pride releases energies and serves as a spur to achievement, it can lead to a reconciliation with the self and the attainment of genuine self-esteem.”</p> <p>Eric Hoffer The Passionate State of Mind</p>
<p>www.eagleprep.com</p> <p>“After you have identified the things in your life that are causing you stress, choose one or two of them and begin to develop a plan, a goal to remove or decrease that stress from your life.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“It would be difficult to find wellness in your life if you surrender to a victim mentality. Building wellness and healthy self-esteem require that you move beyond “the victim” and begin to live to your fullest capacity.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Not taking risks can help you avoid suffering, disappointment, fear, and sorrow, but it also causes you to avoid learning, changing, loving, growing, or really living.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Altruistic motivation is when you are driven to do something for the good of doing it. There are no monetary rewards, no paydays, no congratulations, and no hero’s welcome. Altruism is being intrinsically driven to do something good for someone or some cause just because it is the right thing and just thing to do..”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p>www.eagleprep.com</p> <p>“If you deliberately plan to be less than you are capable of being, then I warn you that you’ll be deeply unhappy the rest of your life.”</p> <p>Robert Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Happiness is the meaning and the purpose, the whole aim and end of human existence.”</p> <p>Aristotle <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“The creation of a thousand forests is in one acorn.”</p> <p>Ralph Waldo Emerson</p>	<p>www.eagleprep.com</p> <p>“Patience in a moment of anger can save you a thousand days of pain.”</p> <p>Chinese Proverb <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“To avoid criticism, do nothing, say nothing, be nothing.”</p> <p>Elbert Hubbard <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Research data suggests that optimists have a long list of health and social benefits over the pessimist. Optimists live longer, they have a better lung capacity, they survive cancer treatments at a greater rate, and they have more productive and longer-lasting relationships.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“What is the primary difference between an optimist and a pessimist? The answer is attitude.”</p> <p>Robert Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“In several longitudinal studies, optimists and pessimists have been surveyed and studied. Over the years, researchers have determined that pessimists suffered more health- and mental-related problems and died earlier than optimists.”</p> <p>Robert Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Personal integrity has become one of the characteristics that employers now seek in new associates.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“What lies behind us and what lies before us are tiny matters compared to what lies within us.”</p> <p>Ralph Waldo Emerson <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p>www.eagleprep.com</p> <p>“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.”</p> <p>Robert Muller</p>	<p>www.eagleprep.com</p> <p>“You either have to accept both praise and criticism as a learning tool or reject both as un-useful to your life...Constructive criticism is advice that is backed up with facts, experience, and knowledge.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“There is nothing as easy as denouncing. It don ‘t take much to see that something is wrong, but it takes some eyesight to see what will make it right again.”</p> <p>Will Rogers</p>	<p>www.eagleprep.com</p> <p>“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”</p> <p>Epictetus</p>
<p>www.eagleprep.com</p> <p>“If you are ever going to enjoy life, now is the time, not tomorrow or the next year. Today should always be our most wonderful day.”</p> <p>Thomas Dreier</p>	<p>www.eagleprep.com</p> <p>“Creative and unconventional thinkers have compassion. They see a problem in society and they try to solve it in ways that are new and helpful. They have a great deal of respect and compassion for others.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Courage and risk are major requirements for unconventional and creative thinkers. They are not afraid to take chances and try new things. They stretch the boundaries of what is known and acceptable. They understand that new frontiers have dangers.</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Creative and unconventional thinkers are not satisfied with ‘maybe’ or ‘I think so.’ They are truth seekers and work hard to prove and stand by what is not only unpopular, but what is true as well.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Creative and unconventional thinkers are not afraid to take time off and just think. They are not afraid to lie under a shade tree and ponder new avenues, uncommon methods, and uncharted paths. They have <b>trained</b> themselves to practice the gift of ‘What if...’”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Creative and unconventional thinkers do not concern themselves with fitting in. They are more concerned with ‘what is possible’ than ‘how would I look doing it.’ They are not concerned with being just like other people.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p>www.eagleprep.com</p> <p>“Perseverance is a prime trait of people who are creative and unconventional. They do not give up easily, or at all. They have the courage to see things through to fruition.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“The Reverend Martin Luther King Jr. was a person of perseverance. He knew that civil rights for African-Americans would not come overnight and that it would not come easily. He understood that the battle was bigger than he was and he understood that the price for equality might very well be death.</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“A major part of creativity is knowing that you don’t have to “follow the crowd” or think in a bandwagon fashion.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“We were all given one mouth and two ears. The wisest people use them in that proportion.”</p> <p>Anonymous <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Subtracting means that you are ready to take away the negative powers that others have over you. It means that you are strong enough to admit your shortcomings, thus taking away the power from those who would use these shortcomings against you.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“Practicing the <i>Law of Giving</i> is actually very simple: if you want joy, give joy to others; if you want love, learn to give love; if you want attention and appreciation, learn to give attention and appreciation; if you want material affluence, help others become materially affluent.”</p> <p>Deepak Chopra</p>
<p>www.eagleprep.com</p> <p>“You cannot do a kindness too soon, for you never know how soon will be too late.”</p> <p>Ralph Waldo Emerson</p>	<p>www.eagleprep.com</p> <p>“No one can make you feel inferior without your consent.”</p> <p>Eleanor Roosevelt</p>
<p>www.eagleprep.com</p> <p>“Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable. The purpose of life is to matter--to count, to stand for something, to have it make some difference that we lived at all.”</p> <p>Leo Buscaglia</p>	<p>www.eagleprep.com</p> <p>“Today, you will begin to accept praise for what you do well and the consequences for what you neglect or pass off to others. Today you will begin to take full responsibility for the good, bad, ugly, positive, rewarding, crazy, fulfilling, devastating, negative, and glorious things in your life. Today, you will admit to yourself that every action has a reaction, and you have the power to change both.”</p> <p>Dr. Robert M. Sherfield</p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The individual on his own is stable only so long as he possessed of self-esteem. The maintenance of self-esteem is a continuous task which taxes all of the individuals powers and inner resources.”</p> <p>Eric Hoffer The Passionate State of Mind</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“A great many people think they are thinking when they are merely rearranging their prejudices”</p> <p>Williams James</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“In a study on depression, cited in <i>Chemistry an Industry</i>, the placebo worked as well or <b>better</b> than, Prozac, Paxil, and Zolft. The antidepressants worked as well, but the placebo did too. Why? Because of the power of belief.”</p> <p>Robert Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Thought magnification is when you take a small situation and blow it up in your mind until it becomes an all-consuming event.”</p> <p>Robert Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“There is fear and intolerance in pride; it is sensitive and uncompromising. The less promise and potency in the self, the more imperative is the need for pride. The core of pride is self-rejection.”</p> <p>Eric Hoffer The Passionate State of Mind</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“It is true that when pride releases energies and serves as a spur to achievement, it can lead to a reconciliation with the self and the attainment of genuine self-esteem.”</p> <p>Eric Hoffer The Passionate State of Mind</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The autonomous individual, striving to realize himself and prove his worth, has created all that is great in literature, art, music, science and technology.”</p> <p>Eric Hoffer The Passionate State of Mind</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“When for whatever reason, self-esteem is unattainable, the autonomous individual becomes a highly explosive entity. He turns away from an unpromising self and plunges into the pursuit of pride—the explosive substitute for self-esteem.</p> <p>Eric Hoffer The Passionate State of Mind</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The individual on his own is stable only so long as he possessed of self-esteem. The maintenance of self-esteem is a continuous task which taxes all of the individuals powers and inner resources.</p> <p>Eric Hoffer The Passionate State of Mind</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Pride is a sense of worth derived from something that is not organically part of us, while self-esteem derives from the potentialities and achievements of the self.”</p> <p>Eric Hoffer The Passionate State of Mind</p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“An unhealthy characteristic of people with low self-esteem is looking for “love” or affection or even sex from anyone because you do not feel you deserve real love or affection.”</p> <p>Dr. Robert M. Sherfield THE EVERYTHING SELF-ESTEEM BOOK</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Credit card debt is the worst type of debt.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Possessions will not heal the pain and end your suffering.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...think about how anything that you eat, drink, or do will affect your self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Many people who live in expensive homes and drive luxury cars do not actually have much wealth.”</p> <p>Dr. T. J. Stanley &amp; Dr. W. D. Danko <i>THE MILLIONAIRE NEXT DOOR</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Many people who have a great deal of wealth do not even live in upscale neighborhoods.”</p> <p>Dr. T. J. Stanley &amp; Dr. W. D. Danko <i>THE MILLIONAIRE NEXT DOOR</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Overspending, overcharging, and purchasing items that you really don’t need are all signs of unhealthy self-esteem and are self-destructive.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“People who have self-esteem issues are less likely to branch out on their own for fear of failure, lack of confidence in their own abilities to succeed...”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Another effect of self-esteem on your personal economy is the decisions you make about where you work, how you work, and for whom you work.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“People with unhealthy self-esteem are more likely to stay in a job that they are unsatisfied with, without taking the necessary personal growth steps to obtain something more satisfying.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“He who sets a very high value upon himself has the less need to be esteemed by others.”</p> <p>Samuel Butler (1612-1680)</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Deliver me from ... him who acquires self-esteem by finding fault with others.”</p> <p>Kahlil Gibran (1883-1931)</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“By suppressing desire we try to rebuild and bolster self-esteem.”</p> <p>Eric Hoffer <i>The Passionate State of Mind</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Tackling a job that seems worth doing, and doing it in a competent manner, is ... the best way for a person to gain self-esteem.”</p> <p>John Holt (1923-1985)</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Learning to deal with setbacks, and maintaining the persistence and optimism necessary for childhood’s long road to mastery are the real foundations of lasting self-esteem.”</p> <p>Lilian G. Katz</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Self-esteem isn’t everything: it’s just that there’s nothing without it.”</p> <p>Gloria Steinem</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The more self-esteem a person has, the greater, as a rule, is his desire, and ability to control himself.”</p> <p>Thomas S. Szasz (1920- )</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“There are three things extremely hard: steel, a diamond and to know one’s self.”</p> <p>Ben Franklin</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“With the exercise of self-trust new powers shall appear.”</p> <p>Ralph Waldo Emerson (1803-1882)</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Self-trust is the wellspring of courage.”</p> <p>Anonymous</p>

<p>“Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.”  Sam Walton  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that’s real power.”  Clint East wood  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“People need me...they depend on me. We're doing something important here. And knowing that gives me the energy to carry the sack, lead the pack, and keep coming back.”  Santa Claus  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Being powerful is like being a lady. If you have to tell people you are, you aren’t.  Margaret Thatcher  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Disciplining yourself to do what you know is right and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction.”  Margaret Thatcher  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“The purpose of human life is to serve, and to show compassion and the will to help others.”  Albert Schweitzer  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.”  George Washington  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Peace is not the absence of war. Like a cathedral, peace must be constructed patiently and with unshakable faith.”  Pope John Paul II  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means.”  Ronald Reagan  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“There is no passion to be found in playing small—in settling for a life that is less than the one you are capable of living.”  Nelson Mandela  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>