



Self Esteem & Peak Performance

Jack Canfield

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Discover how to live life with energy and optimism. Learn to feel good about yourself and others.

This best-selling Jack Canfield program will show you how to keep your self-esteem high -- and live your life with more energy, confidence, and enthusiasm.

Program Highlights:

- * How to get what you want in life by letting go of fear
- * When to learn from criticism and when -- and how -- to ignore it
- * How to muster the courage to stand up for what you know is true
- * How to hold onto your self-esteem after a big failure

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