



# The Complete Idiot's Guide to Enhancing Self-Esteem

By Mark Warner

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**The Complete Idiot's Guide to Enhancing Self-Esteem** By Mark Warner

You're no idiot, of course. You know there are moments when you have been creative, attractive, and even intelligent. But when it comes to sizing yourself up in the mirror, stepping onto a scale to get weighed, or socializing at a party full of extraverts, you feel like a wallflower that hasn't been watered in years.

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#### **About the Author**

Mark J. Warner, Ed.D., is chief of staff of James Madison University in Harrisonburg, VA. He has had an extensive career as a wellness author, a private-industry consultant, a public speaker, and an award-winning teacher.

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