



The Search for Self-Respect

Maxwell Maltz

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Have you ever been depressed? Have you ever felt unloved, frightened, alone? All of us have suffered such feelings at times. But we all have the power to change our lives by changing our attitudes. The techniques for self discovery and self affirmation that you find in these pages will help you every day of your life. You will discover how to free yourself from the great cripples; guilt, remorse, resentment. You will be taught how to be tranquil in these anxious times. You will learn how to set goals for yourself and accomplish them. You will learn how to find your best qualities, how to use your talents to become a winner.

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