



**True Self-Acceptance:: A Short Guide to Dealing
with Toxic People, Reinforcing Your Self-Esteem
& Accepting Yourself For Who You Truly Are!
(True Series)**

Sonya Triggs-Wharton

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Do you find yourself being driven crazy by all the toxic people and negativity that surrounds you? Do you struggle with feelings of low self-worth and persistent negative thinking? Then this short guide is for you! It will teach you how to effectively deal with the toxic people around you, concentrate on building your self-esteem and learn how to accept yourself for who you truly are! For audio and video positive affirmations, meditations and articles, please visit www.sonyawharton.com. About the Author: Sonya Triggs-Wharton is a Life Coach with a Master's, Clinical Mental Health Counseling degree.

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