

Straight From The Editor

My name is Goldie DeWitt and I hope this helps at least one person out there, it helped me just from writing it.

Day by day, the majority of us have a painful war with ourselves. It is a constant fight that includes constant criticism, pressure, anger, sadness and endless cruel comparisons. It is an everyday struggle that gets in the way and keeps you from seeing yourself for who you really are and achieving your true purposes in life. Where did this war begin and why?

The answer to that question can be answered in a well-known and very often used word: Self-Esteem. What exactly does self-esteem mean? Self-Esteem is the way you look at and feel about yourself. The word "esteem" itself, means to value something or someone, thinking and believing that that something or someone is of great importance. If you are always fighting with yourself and feeding yourself thoughts that make you feel less valuable or not as important or attractive as other people, then you are suffering from Low Self-Esteem. Unfortunately, most people suffer from this, but the good news is, you can kick low self-esteem out of your life, inviting and living a high self-esteem instead.

Living a life of great confidence can be challenging, but can be done. You might have even tried giving your self-esteem a boost, but were later disappointed to see that it did not quite work out the way you imagined. If this is true, do not run away just yet! This behavior is very common.

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