



# **A Cure for the Common Life: The Cardinal Rules of Self-Esteem: 10 Guidelines That Give You the Courage to Change**

*Catherine Cardinal*

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This is a small but deceptively powerful book that pinpoints 10 specific ways to recognize the root cause of common emotional problems and, at the same time, determine a realistic course for improvement. What makes this book different from so many other "self-esteem" books is author Dr. Catherine Cardinal and her instinctive, straightforward ability to connect with the heart of the problem. Her compassionate and honest comments then provide a realistic view of the many options we have before the next step.

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