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Thinking of and Forgetting Oneself

Author: Christophe André

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Christophe André offers a completely refreshed definition of self-esteem.

Christophe André is a psychiatrist, former practitioner at Hôpital Sainte-Anne in Paris, and author of several huge international bestsellers in psychology. André shows here how self-esteem should become a sort of breath of the mind, spontaneous, natural, and invigorating. "Something that is there to help you live, but that you don't have to focus on. Something you simply come back to from time to time, before returning to things more interesting than yourself: the world, other people, life."

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