

THE L.S. BARKSDALE BUILDING SELF ESTEEM READING SEQUENCE
DO THIS READING SEQUENCE THROUGH TO THE END

(Link to share: [The L.S. Barksdale Building Self-Esteem Reading Sequence.](#))

[Procedure For Building Sound Self-Esteem](#) - First Step: Expanding Your Awareness

[Realities Of Human Behavior](#) - Straighten this out...and it'll make a huge difference on your understanding yourself and how human behavior works. You'll be nicer to yourself and you'll get along vastly more with others!

[Human Behavior Process Diagram](#) - This the reality of life and how it came about - and we have to head this or we will not be effective in life!!!!

[2nd Step: Reprogramming Your Awareness](#) - This is our objective, where we build our knowledge and the thoughts and beliefs that will serve us - and dramatically upgrade our lives and happiness.

[Affirmations: Realities Of Existence](#) - Delve into these core beliefs that underlie all of life and you'll find that many of your wrong beliefs will crumble when we take away the wrong core beliefs that they were based on!!!! Dump each bad core belief and you'll find that all a whole series of bad beliefs that it supported will disappear! And you'll start living with healthy, straight thinking that will make you much, much more happy!

[3rd Step Direct Action Program](#) - Do these and you'll support your beliefs plus be much more clear and effective in life!