

TATIANA SP BASUKI

**HOW TO NOT
DEVASTATE
YOURSELF**

Lessons In Self-Esteem

First Edition

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HOW TO NOT DEVASTATE YOURSELF
Lessons In Self-Esteem

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Bukalah Pintu Hatimu

for Calista, my little niece

Keep on bouncing and running around.

Don't stop asking and trying everything.

The world is ours to discover and conquer.

“You can’t compare an apple to an orange.
It will cause a lot of self-esteem issues.”
(Craig Sheffer)

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How It All Began

*“The snow goose need not bathe to make itself white.
Neither need you do anything but be yourself.”*

-Lao Tze (500 B.C.)
ancient Chinese philosopher

It all started when I was invited to a TV talkshow to talk about a certain subject on mental health. The conversation just flowed and I started mentioning about this book that you are now holding (yes, you are holding a piece of history).

One day on a cool rainy afternoon, I was sitting by myself

in a café trying to organize my thoughts for this book when I overheard two people talked about self-esteem. The discussions were so intriguing. It didn't take long for me to introduce myself to them and explained about my project. I offered them to help me with this book and was so thrilled that they were very willing to help.

Self-esteem is quite a complex subject to be fully understood. Moreover, it means different things to different people too! But basically, self-esteem is about the *amount of respect* we have for ourselves. And believe me that there are so many people who find it difficult to respect themselves. Many believe that they are not worthy of happiness or love. With this kind of belief, they have harder time leading a happy and successful life! And I am sure you don't want to live an un-happy life.

Lesson # 1:

Self-esteem is about the amount of respect we have for ourselves.

But then, what are we supposed to do? This is the very reason why this book was written. My intention was to share with you the importance of having a healthy self-esteem to ensure a healthy life.

It gives me a great pleasure to introduce this book to you outlining the basics of self-esteem. It is a special introductory book for all who experience self-esteem issues, that turns out just about all of us, including you, at one

time or another!

This book was carefully written with you in mind. The contents were compiled from my private interactions with a significant number of people, as well as from various other reliable sources.

Whether or not we realize it, self-esteem can shape the direction of our lives. For the most part, we tend to run from our fears and problems instead of facing them directly. Simply because we don't have the esteem needed to face our own problems. And many are unaware that they have problems! This book, thus, can serve as a pathway to explore your own esteem. And as you will learn in this book, all that is asked of you is that you start *paying* attention to aspects of your life and see how self-esteem plays an important role. *But*, before we proceed, there are several things that you must be aware of.

Lesson #2:

Self-esteem can shape the direction of our lives.

First, *never, ever* judge yourself or others from what you read in this book, or from any other sources for that matter. Who you are now is the result of *years* of how you experience your own life. It takes *long* hours of discussions to learn and understand more of what and how you really are. The point is, truly knowing yourself is not as easy at it seems!

Second, if somehow you feel shaken, queasy, or uneasy after reading this book, you may want to discuss it and consult with experts in self-esteem issues. *Do not hesitate* to ask for help! However, be mindful of the people you ask help from. Find those who have the qualities to bring out the best of you.

Last, this book is yours. Feel free to write anything on its pages. No one will scream at you. Well, unless maybe it's someone else's. That will be another story to tell. So for now, just sit back, relax and enjoy the journey!

Tatiana Basuki
June 2016

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