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self esteem for a lifetime raising a successful child from the inside out FACTORS AFFECTING SELF ESTEEM Serena Reese, Ph.D., Virginia State University, P.O. Box 9066, Petersburg, Virginia 23806, (804) 524-5033, sreese@vsu.edu

# **FACTORS AFFECTING SELF ESTEEM**

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### Self-Compassion, Self-Esteem, and Well-Being

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