

Self-image Core

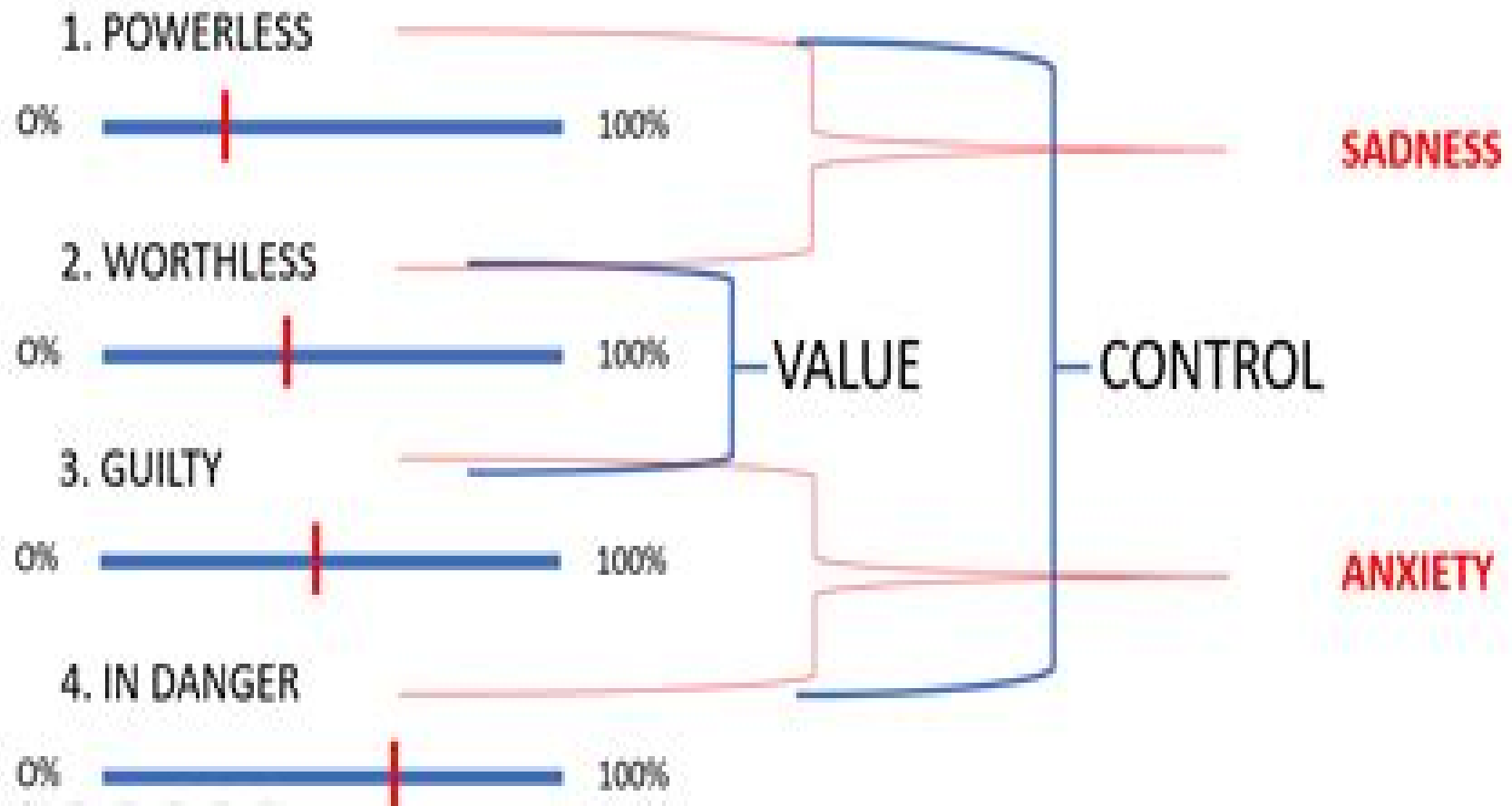
(stored in Long Term Memory; largely unconscious)

4 Negative CORE beliefs
(0-100% strong):

I AM...

1 fundamental EVALUATION
DIMENSION with 2 parts:

2 basic EMOTIONS:



Selfimage Modification

J Elliott



Selfimage Modification:

The book delves into Selfimage Modification. Selfimage Modification is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Selfimage Modification, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Selfimage Modification
- Chapter 2: Essential Elements of Selfimage Modification
- Chapter 3: Selfimage Modification in Everyday Life
- Chapter 4: Selfimage Modification in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Selfimage Modification. This chapter will explore what Selfimage Modification is, why Selfimage Modification is vital, and how to effectively learn about Selfimage Modification.
3. In chapter 2, this book will delve into the foundational concepts of Selfimage Modification. This chapter will elucidate the essential principles that must be understood to grasp Selfimage Modification in its entirety.
4. In chapter 3, the author will examine the practical applications of Selfimage Modification in daily life. This chapter will showcase real-world examples of how Selfimage Modification can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Selfimage Modification in specific contexts. This chapter will explore how Selfimage Modification is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Selfimage Modification. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Selfimage Modification.

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