

## **The Self-Esteem Solution**

**The Breakthrough Plan to Overcome Obstacles, Determine Your Destiny,  
and Pursue Your Extraordinary Life**

Priscilla A. Keresey

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*"I celebrate myself, and sing myself."* -Walt Whitman

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## AUTHOR'S NOTE

As you read through this book, you'll encounter stories of challenges in my life and the lives of my clients. These are all true and, except in my case, the names and some identifying details have been changed to protect the client's privacy. In Part Two, you'll learn about resolutions to problems like these right alongside alternative ways to resolve similar issues. These methods are tried and true, adapted and refined to bring about swift, measurable results.

Pay attention to the exercises in this book, but don't get too concerned about replicating them exactly. Trust yourself to shape an exercise to suit what feels right for you. Take a chance. Try them out in the privacy of your own mind if that feels safer. No one has to know what you're doing. In fact, unless you can be sure of total support and positive feedback, tell your plans to no one. Other peoples' fears or beliefs can dampen or subvert your brand new ideas because if you're changing for the better, it usually forces some sort of change in others, which may not always be comfortable for them.

No matter where you find yourself in life, you can benefit by beginning now. No matter how dire things may be – divorce, bankruptcy, illness, or unemployment – starting today, you can chart significant change towards the achievement of balance, success, health, wealth, and peace of mind.

Are you ready to start living the life of your dreams? Keep reading to discover the simple secret to ***overcome obstacles, determine your destiny, and pursue your extraordinary life....***

## OUR AGREEMENT

This book is based on the personal observations and experiences of the author over twenty-five years. You, the reader, must take 100% responsibility for your own health, both physical and emotional. *The Self-Esteem Solution* should not be used to diagnose the presence or absence of any particular mental, physical, or emotional ailment, nor is it intended to be a substitute for the services of any health care professional. The author is not responsible for any consequences incurred by those practicing the exercises or techniques discussed or taught herein. Any application of the material set forth in the following pages is at the reader's discretion and is his or her sole responsibility.

## INTRODUCTION

I've spent many years trying to figure out my problem. Does that seem self-indulgent? Maybe so, but resolving a problem, what we perceive to be an obstacle to success, is a hole we all fall into and probably one we give more of our attention to than we care to admit. Some of us fall so deep into that hole we can think of nothing else *but* a problem for hours at a time.

I have one client I'll call Jodi whose analytical nature and attention to detail make her one of the top professional organizers in her field. She's stylish, warm, and successful. The testimonials on her website win her continued new business. Yet Jodi endures sleepless nights of torturous anxiety as she replays every encounter with her clients. By the time she came to my office for a hypnosis session, she was a self-described wreck.

"I'm stuck. I'm no good at anything because everything I do just flops!" she cried during our very first meeting.

"And what flops exactly?" I asked her. Nothing gets a client's attention faster than getting right down to business.

"Well...*everything!* I always get to a certain point, and then everything falls apart."

"What exactly falls apart?"

"*Everything!*" she wailed again. "First one thing goes wrong. I think I fix it, but then another thing happens, and it's like a whole line of dominoes falling over. I can almost see it coming, and I can't stop it. When I feel things starting to slip, I can't stop obsessing over whatever the problem is that started it. I lie awake in bed trying to imagine all the things that can go wrong so I won't be surprised, and I can solve them when they come up. Instead of making me feel better, I just get so overwhelmed I can't do anything. I've always been like this, and now it's gotten so bad I feel paralyzed. I hardly want to start anything because everything I do seems to go off track and flop!"

Sound familiar? Many of us, like Jodi, fall into a hole I call *circular thinking*. I have another client named Selma who does something similar, but instead of waiting until relaxing at day's end to fall into circular thinking, she can do it right in the middle of a conversation. Selma hires me for my intuitive services, and as she travels the country on business, we usually work by phone.

"Dan and I are going to be at the same party," Selma offered during a recent phone reading. Selma and Dan had been on a few casual dates, and she wanted to know if I saw their relationship developing further. "He once dated another woman named Ann, and I think she's going to be there too. What do you see? Is he going to be more attracted to her or to me tonight?"

"I see that his head will turn in her direction but that you are lit by a spotlight tonight. He will notice you more," I replied after tuning in to my clairvoyant impressions.

"But he *will* see her?"

"Yes."

"When you said his head will turn in her direction, do you mean that he will look more at her? Because you said the word 'turn,' and to me, that means he will take his attention away from me towards her," Selma pressed me.

"The psychic impression I have is that Dan will notice her but not have his attention held by her," I replied. I could feel Selma slipping into her real-time running analysis of my sentence structure, so I answered slowly and mindfully.

“But he *will* notice her if his head turns? Will other people see his head turn to look at her?” Selma asked. “Because I think that might be disrespectful. I hate it when a man looks at another woman when he’s talking to me. Frankly, it’s humiliating. Does he respect me?”

“This is a psychic symbol,” I reiterated. “I don’t know if his head will actually *turn*; it’s just the way the information came to me, as a way to contrast how differently he will see you two.”

“Because if he turns his head, like you do when someone walks by, will he be looking at her rear? I have gained a little weight, and I was going to wear leggings, but if he looks at her first and then sees me in a spotlight, I’ll be too embarrassed. What’s your psychic sense? Should I wear leggings or looser jeans? Or maybe I shouldn’t go at all. Ex-girlfriends are always such a *problem*.”

Both of these clients were struggling with the same core issue, though their responses varied on the “paralysis by analysis” spectrum from internal and passive to panicky and extreme. Like Jodi, Selma took the path of circular thinking to manage what she saw as a problem, though she attempted to get control over her romantic destiny by leaping from one cause to another. She was so needy for a resolution to a problem which hadn’t even presented itself that she analyzed every word I said and demanded ever more explicit explanations for my *exact meaning*. She was ready to change her outfit and even her plans altogether as she bounced from self-consciousness to feelings of disrespect and embarrassment.

Many of us tackle our problems as they arise, addressing them one by one without awareness of any common thread. That’s because we usually see our challenges as just a part of life. Obstacles come up singularly or in clusters, the necessary problems that come with having to move, save for retirement, finally lose weight, or deal with stress. We are raised to *expect* that we’ll encounter problems just because we’re adults living in a complex world. We *expect* that it’s hard to find a good man or woman, and when we do, we *expect* that the relationship will be hard work. “Nobody ever said life would be easy, kiddo,” said everyone’s parent or grandparent at some point in time. I once had a roommate who seemed to thrive as long as there was a problem to solve. “Just another day of putting out fires,” she’d sigh, sitting down with the first of many cocktails for the evening. She saw her daily tasks as a series of separate and distinct problems and resignedly accepted that squashing them was an unavoidable consequence of being alive. And no, she wasn’t a firefighter.

Normally, even with the bigger challenges we encounter or set for ourselves, we deal with the issue immediately at hand. Can’t get a promotion? Acquire more learning to either advance in your field or begin a new career. Can’t seem to find the right romantic partner? Look in a different pool of candidates or look more closely at yourself. Can’t get ahead financially? Find a way to save incrementally or develop a separate income stream.

That’s what I used to do, and without a doubt, I made some progress that way. Slowly but surely, I worked my way up in the design industry until I was self-employed and making a respectable commission. Yet, I was never quite satisfied and frequently found things to complain about. I learned about credit and debt the hard way, figuring out the importance of spending less than I earned, saving for big purchases instead of buying on credit, and putting money aside for retirement. But I still berated myself for being so dumb with money in the first place. I found a way to blame my parents, the economy, or my partner for how far “behind” I was. I learned

about love, friendship, health, and communication through trial and error, by making mistakes and making amends. And that took many long years.

I'm about to show you how you can solve *your* problems in a much shorter period of time and with far less pain by showing you how to solve the *one, real, underlying problem* you may not even know is at the core. Resolving that issue will take the legs out from under every other problem you think you have.