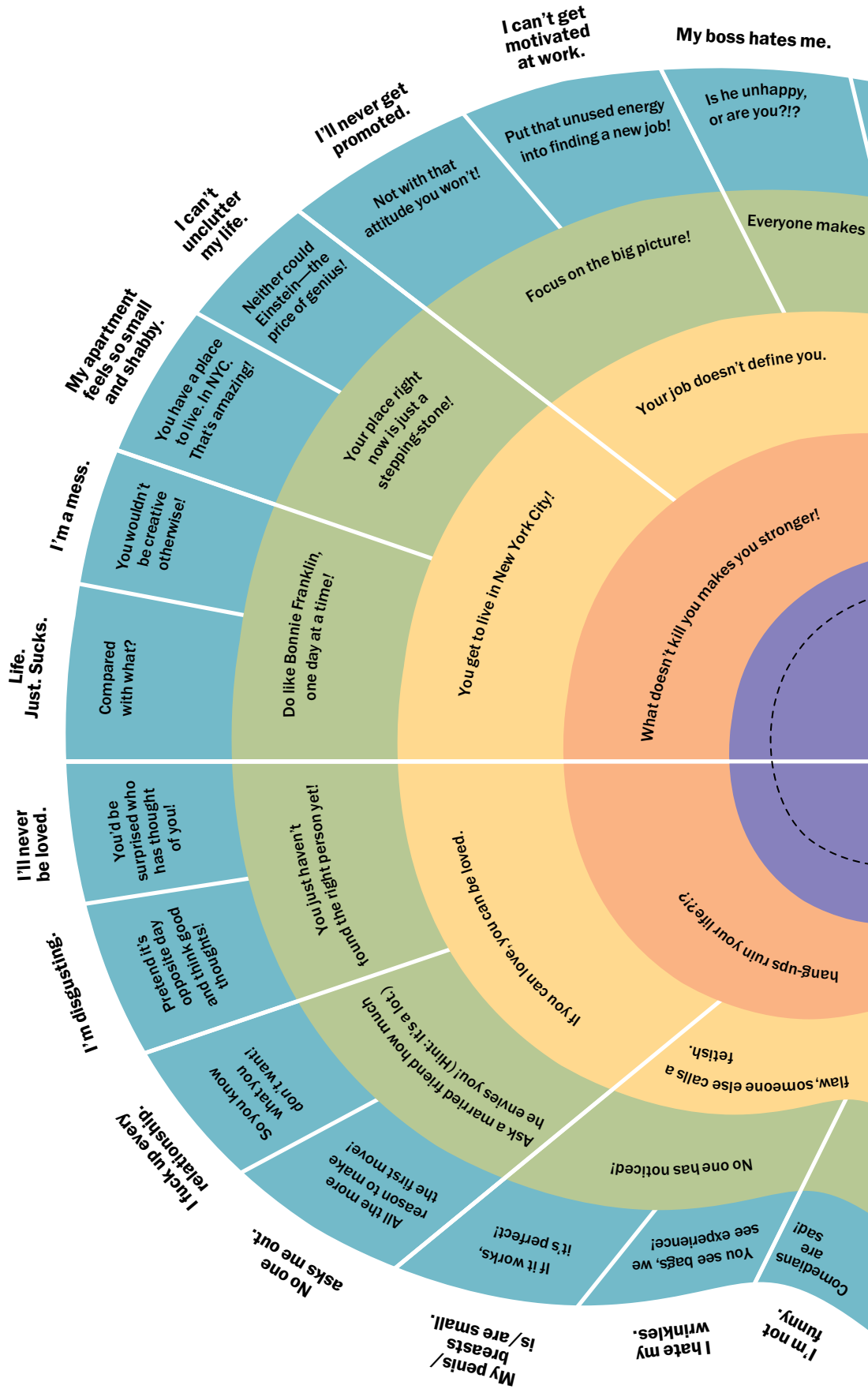
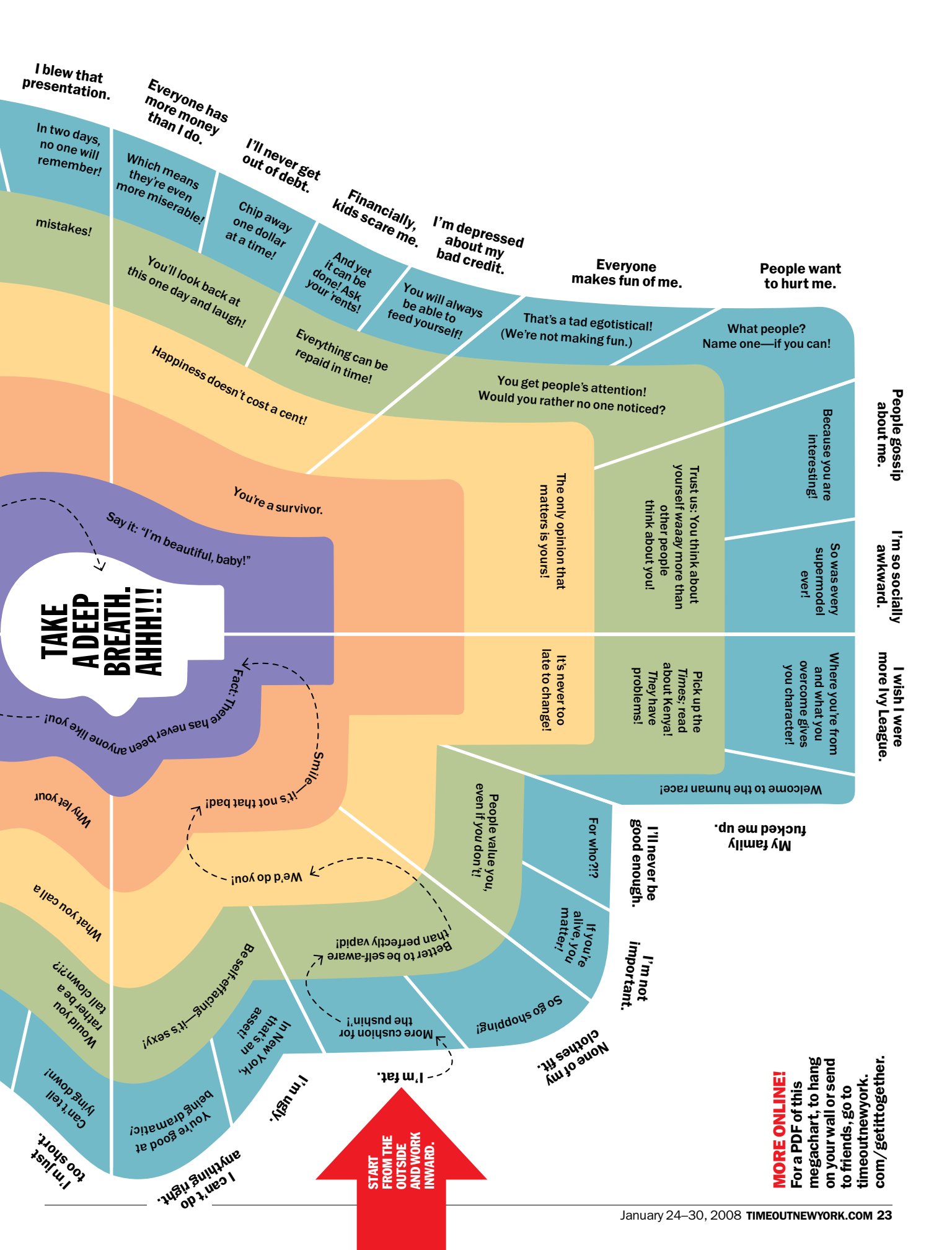


# The you're-loved self-esteemizer

Got a problem? Feeling depressed? There, there, don't fret! Find your woe and follow the path of affirmations and truisms (okay, clichés) toward the center, not stopping until you feel better about...everything. By **Dorothy Robinson**





**TAKE A DEEP BREATH. AH!!!**

I blew that presentation.

Everyone has more money than I do.

I'll never get out of debt.

Financially, kids scare me.

I'm depressed about my bad credit.

Everyone makes fun of me.

People want to hurt me.

In two days, no one will remember!

Which means they're even more miserable!

Chip away one dollar at a time!

And yet it can be done! Ask your rents!

You will always be able to feed yourself!

That's a tad egotistical! (We're not making fun.)

What people? Name one—if you can!

mistakes!

You'll look back at this one day and laugh!

Everything can be repaid in time!

You get people's attention! Would you rather no one noticed?

Happiness doesn't cost a cent!

Trust us: You think about yourself way more than other people think about you!

Because you are interesting!

People gossip about me.

I'm so socially awkward.

I wish I were more Ivy League.

So was every supermodel ever!

Where you're from and what you overcome gives you character!

You're a survivor.

Say it: "I'm beautiful, baby!"

The only opinion that matters is yours!

It's never too late to change!

Pick up the Times; read about Kenya! They have problems!

Welcome to the human race!

My family upfucked me up.

I'll never be good enough.

I'm not important.

For who??

If you're alive, you matter!

None of my clothes fit.

People value you, even if you don't!

Better to be self-aware than perfectly vapid!

More cushion for the pushin'!

I'm fat.

We'd do you!

Smile—it's not that bad!

In New York that's an asset!

I'm ugly.

Be self-effacing—it's sexy!

You're good at being dramatic!

I can't do anything right.

Why let your

What you call a

Would you rather be a tall clown??

Can't tell lying down!

I'm just too short.

**START FROM THE OUTSIDE AND WORK INWARD.**

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