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Titolo	AATMA SAMMAN KYUN AUR KAISE BADHYEIN (Hindi)
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Sommario/riassunto	This book by Dr. Narendra Nath Chaturvedi offers practical guidance on enhancing self-esteem and self-confidence. It addresses the challenges of maintaining self-respect in contemporary life and provides strategies to cultivate a strong sense of self-worth. The author emphasizes the importance of understanding and nurturing one's 'khudi' or self for achieving happiness and success in personal, family, and social spheres. The book is designed for readers seeking self-improvement, offering insights on avoiding negative thinking, understanding emotions, and developing effective habits. It encourages readers to define their identity and value their abilities, promoting self-awareness and confidence.