

## CEP Magazine – October 2019 In praise of YOU!

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By Kristy Grant-Hart

Kristy Grant-Hart ([kristygh@sparkcompliance.com](mailto:kristygh@sparkcompliance.com)) is the Managing Director of Spark Compliance Consulting in London, and author of the book, *How to be a Wildly Effective Compliance Officer*.

- [ComplianceKristy.com](http://ComplianceKristy.com)
- [twitter.com/KristyGrantHart](https://twitter.com/KristyGrantHart)
- [linkedin.com/KristyGrantHart](https://linkedin.com/KristyGrantHart)

“Self-esteem literally means what YOU think of YOU, not what other people think of you, or it would be called other esteem or their esteem,” noted author and therapist Marisa Peer. In her book, *#IamEnough*, the author encourages all of us to give ourselves the praise that we need and deserve.

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