

1. Introduction

The main objective of this research is to investigate the effects of using the book 'The Art of Learning' by Benjamin Zander on the self-esteem and self-efficacy of students in a music program. The study is designed to explore the impact of this book on students' self-esteem and self-efficacy.

The book 'The Art of Learning' by Benjamin Zander is a self-help book that focuses on the power of self-esteem and self-efficacy. It provides practical strategies and exercises to help readers improve their self-esteem and self-efficacy.

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2. Methodology

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