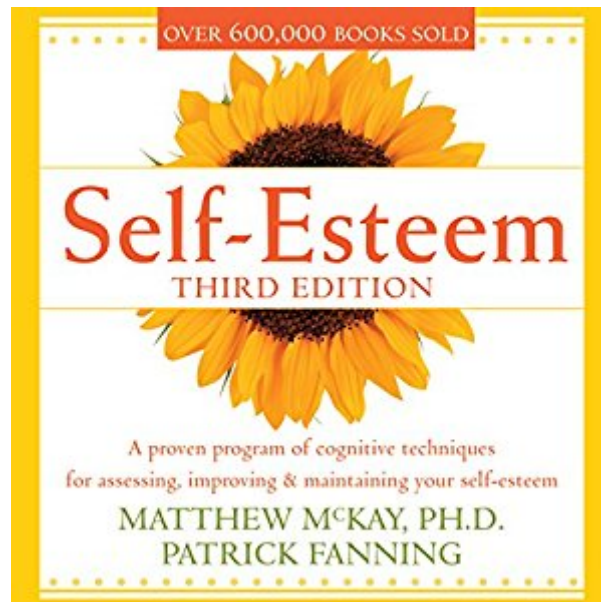




The book was found

Self-Esteem: Third Edition



Synopsis

Self-esteem is essential for our survival. Without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. One of the main factors differentiating humans from other animals is the awareness of self: the ability to form an identity and then attach a value to it. In other words, you have the capacity to define who you are and then decide if you like that identity or not. The problem of self-esteem is this human capacity for judgment. It's not one thing to dislike certain colors, noises, shapes, or sensations. But when you reject parts of your self, you greatly damage the psychological structures that literally keep you alive. Judging and rejecting your self causes enormous pain. Since its first publication in 1987, Self-Esteem has become the first choice of therapists and savvy readers looking for a comprehensive, self-care approach to improving self-image, increasing personal power, and defining core values. More than 600,000 copies of this book have helped literally millions of readers feel better about themselves, achieve greater success, and enjoy their lives to the fullest. You can do it, too! --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

I love the messages from this book! However, I cannot find the website the book mentions that contain the worksheets to fill out which makes it hard to actually do. Does anyone know where to find these worksheets/website?

Great book, easy to read as a patient or therapist, hands on exercises that compliment the reading

and make it personally applicable.

Really good book. Many many helpful tips

using it for my clients in therapy. Great!!

I have ingrained many of the recommended activities in moving forward toward my eventual goal of curing problems with low self-esteem.

This is an amazing book. I highly recommend it, whether you are a counselor or just a regular person. Even if you don't have low self esteem, you can benefit from the book because it can help you increase or maintain your self esteem, either for you or your children. There is a lot of good advice, as well as lots of good exercises to do. Some self-help books are not good; however, this book is certainly good and helpful. So if you are looking for a good, active book on this subject, I do highly recommend this one.

as described

It is a good book but please note that it is written with professionals as the audience rather than end users.

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