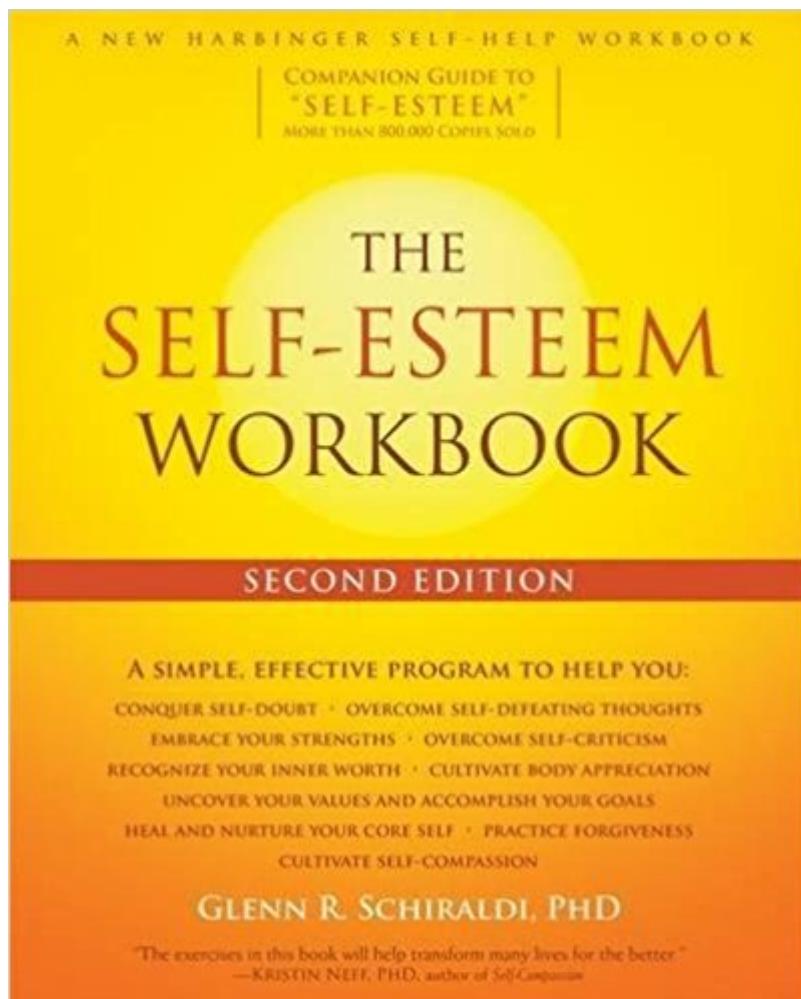


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# The Self-Esteem Workbook



## Synopsis

People of all ages, backgrounds, and circumstances struggle with low self-esteem. This long-awaited, fully revised second edition of the best-selling The Self-Esteem Workbook includes up-to-date information on brain plasticity, and new chapters on forgiveness, mindfulness, and cultivating lovingkindness and compassion. If your self-esteem is based solely on performance—•if you view yourself as someone who’s worthy only when you’re performing well or acknowledged as doing a good job—•the way you feel about yourself will always depend on external factors. Your self-esteem affects everything you do, so if you feel unworthy or your confidence is shaped by others, it can be a huge problem. With this second edition of The Self-Esteem Workbook, you’ll learn to see yourself through loving eyes by realizing that you are inherently worthy, and that comparison-based self-criticism is not a true measure of your value. In addition to new chapters on cultivating compassion, forgiveness, and unconditional love for yourself and others—•all of which improve self-esteem—•you’ll find cutting-edge information on brain plasticity and how sleep, exercise, and nutrition affect your self-esteem. Developing and maintaining healthy self-esteem is key for living a happy life, and with the new research and exercises you’ll find in this updated best-selling workbook, you’ll be ready to start feeling good about yourself and finally be the best that you can be.

## Book Information

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## Customer Reviews

“Finally, a sane book on how to develop healthy self-esteem! Rather than promoting feeling

better than others, this book helps readers to have kindness and compassion for themselves because they are simply human. The sense of unconditional self-worth developed through the exercises in this book will help transform many lives for the better.â• Kristin Neff, PhD, associate professor of human development and culture at the University of Texas at Austin, and author of *Self-Compassion*â•“The Self-Esteem Workbook is both excellent and practical because it is built on a sound scientific base, offers clear recommendations, and comes from and speaks to the heart.â• Steven E. Hobfoll, PhD, professor and director of the Applied Psychology Center at Kent State Universityâ•“Chock-full of effective and practical strategies for raising self-esteem ... helpful for anyone who wishes to end negative thinking and learn to see their true value.â• Matthew McKay, PhD, coauthor of *Self-Esteem*â•“It is impossible to read this book without feeling better about oneself and others. It should be required reading for every living soul.â• Robert L. Bunnell, MS, PA-C, marketing coordinator at the University of Utah Physician Assistant Program, and executive director of the Utah Academy of Physician Assistantsâ•“What a wonderful workbook! Even for those of us who feel we have a high level of self-esteem, this book provides insight and techniques for improving those areas that sometimes make us question ourselves and our self worth. With some of my more difficult physical therapy patients, I often employ the cognitive rehearsal technique of acknowledging what is â€œrightâ€ about themselves to break their negative views of themselves or their situation. This in itself often leads to acceleration in the healing process.â• Linda C. Harvey, MA, PT, physical therapy role extender for rehabilitation coordinator for the Visiting Nurses Association of Marylandâ•“This book is excellent. We are already using it in our self-esteem presentations. Itâ•“s one of the first and finest self-esteem resource guidebooks that offer in-depth information in a grounded, useful way.â• Jacqueline Miller, Maryland Governorâ•“s Task Force on Self-Esteemâ•“Self-esteemâ•“s importance and how to develop and protect itâ•“s a poorly understood concept in todayâ•“s world of the â€œquick fix.â€ Glenn Schiraldi has done a great service in assembling all of the material on this important topic. His practical, step-by-step format and powerful skill-building exercises lead the participant on a purposeful journey that can result in a future of better mental health and well-being.â• Sharlene M. Weiss, PhD, founder and former director of psychosocial oncology at the University of Miamiâ•“s Sylvester Comprehensive Cancer Center, and associate professor of medicine, psychiatry, and psychology at the University of Miami School of Medicineâ•“I have been teaching courses in human development for nearly forty years. I am impressed by the wealth of materialâ•“s activities, exercises, and accompanying

narratives—found in Glenn Schiraldi's The Self-Esteem Workbook. An excellent resource! • Albert H. Gardner, PhD, associate professor of human development, and director of Advocates for Children at the University of Maryland“Dr. Schiraldi has created a hands-on program that can be used as a complete program or for counselors wishing to add specific exercises to treatment. This book is certainly appropriate for continuing education of counselors as well as an office manual. The material is current and well organized.” • Thomas W. Clawson, executive director at the National Board for Certified Counselors“Glenn Schiraldi has skillfully and thoughtfully brought together three essential elements for lasting change: sound principles, practical applications, and a reasonable time frame for real change to occur. It's all right here!” • Claudia A. Howard, MEd, president of Individual Potential Seminars

Glenn R. Schiraldi, PhD, has served on the stress management faculties at the Pentagon, the International Critical Incident Stress Foundation, and the University of Maryland, where he received the Outstanding Teaching Award and other teaching and service awards. His books on stress-related topics have been translated into sixteen foreign languages and include: The Resilience Workbook; The Self-Esteem Workbook; Ten Simple Solutions for Building Self-Esteem; The Post-Traumatic Stress Disorder Sourcebook; and The Anger Management Sourcebook. Glenn's writing has been recognized by various scholarly and popular sources, including The Washington Post, American Journal of Health Promotion, Mind/Body Health Review, and the International Stress and Tension Control Society Newsletter. He has trained laypersons and clinicians around the world on various aspects of resilience and trauma, with the goal of optimizing mental health and performance while preventing and promoting recovery from stress-related conditions. His skills-based mind/body courses at the University of Maryland have been found to improve self-esteem, resilience, happiness, optimism, and curiosity, while reducing symptoms of depression, anxiety, and anger. He has served on the editorial board of The International Journal of Emergency Mental Health and Human Resilience, and the board of directors of the Depression and Related Affective Disorders Association.

This is awesome! Using it every day with my clients - adults and children.

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Recommended by a friend, It is very helpful.

Changed my life!

great buy.. Not as i anticipated (I expected more writing involved but it has you do things a log too)  
Still very effective and helped my son out tremendously.

Very helpful book. Highly recommended.

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