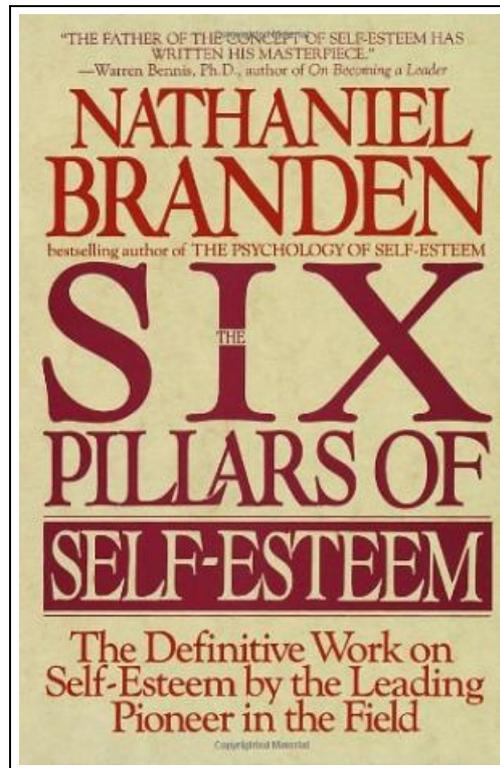


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Reviews

*A must buy book if you need to adding benefit. It is actually rally fascinating throgh studying time. Your way of life span will likely be transform as soon as you complete looking over this publication.
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Random House USA Inc, United States, 1995. Paperback. Book Condition: New. Reprint. 208 x 132 mm. Language: English . Brand New Book. Nearly twenty-five years ago Nathaniel Branden s book: The Psychology of Self-Esteem introduced a new and revolutionary concept of self-esteem. Since then he has done more than any other theorist to demonstrate the supreme importance of self-esteem to human well-being. Now he presents the culminating achievement of a lifetime of clinical practice and study. Immense in scope and vision, and filled with brilliant insights into human motivation and behavior, Branden s new book is already being hailed as the ultimate work on self-esteem. Of all the judgments we pass in life, none is as important as the judgment we pass on ourselves. Nearly every psychological problem - from anxiety and depression to self-sabotage at work or at school, from fear of intimacy to chronic hostility - is traceable to low self-esteem. In the chaotic and competitive world we face today, both personal happiness and economic survival rest on how well we understand self-esteem and nurture it in ourselves and in others. Part I of this provocative book demonstrates compellingly why self-esteem is basic to psychological health, achievement, and positive relationships. It issues a summons to the hero within each of us. Nothing is more challenging than to live by our own mind, judgment, and values. And nothing is ultimately more rewarding. Part II introduces the six pillars themselves: six action-based practices for daily living that provide the foundation for the establishment and maintenance of self-esteem. Filled with vivid personal examples, these chapters also provide simple yet powerful exercises for gradually increasing personal awareness and effectiveness. Part III explores the importance of self-esteem in five keyareas: the workplace, parenting, education, psychotherapy, and society at large. It provides concrete guidelines...

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