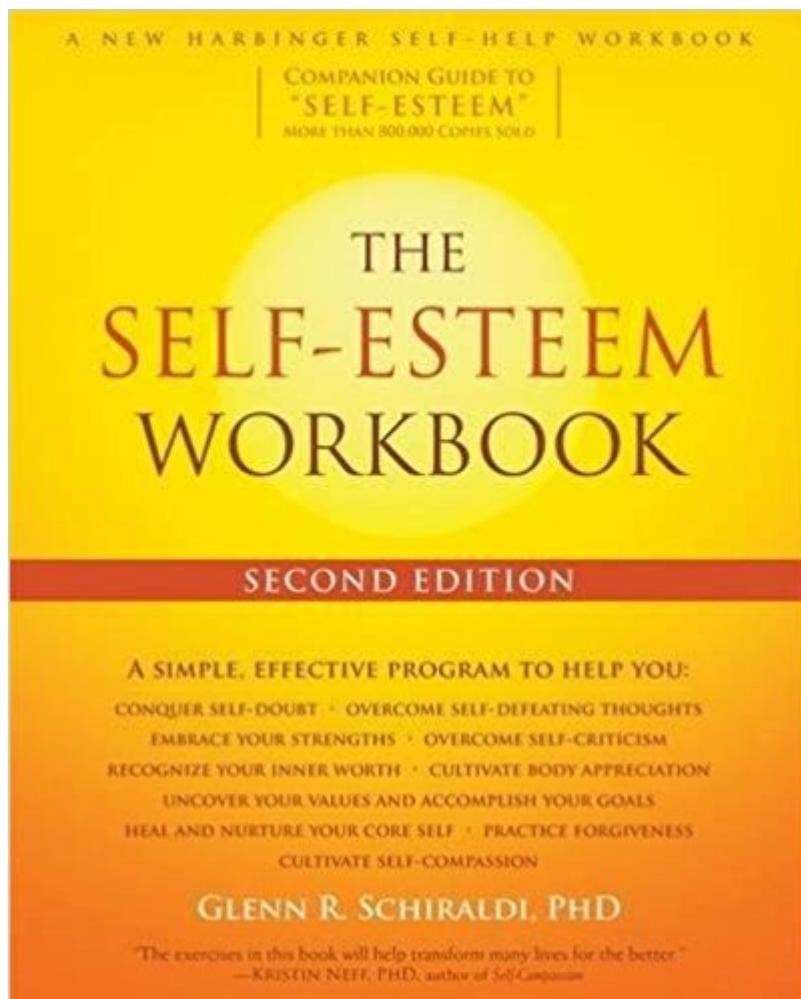


The book was found

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

Paperback: 264 pages

Publisher: New Harbinger Publications; 2 edition (November 1, 2016)

Language: English

ISBN-10: 1626255938

ISBN-13: 978-1626255937

Product Dimensions: 7.9 x 0.7 x 9.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 24 customer reviews

Best Sellers Rank: #8,527 in Books (See Top 100 in Books) #55 in Books > Self-Help > Self-Esteem #113 in Books > Health, Fitness & Dieting > Mental Health > Happiness #662 in Books > Health, Fitness & Dieting > Psychology & Counseling

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.

I really enjoyed this book, it helps me put down how I am feeling and provides positive feedback

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.

This is easy to work through and contains a lot of helpful exercises and skills. I am very happy with this purchase.

Helpful and insightful with practical daily items

[Download to continue reading...](#)

Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self Love: Raising Your Self-Confidence & Self-Esteem Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for

Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1) Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals The Self-Esteem Workbook NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy SEALs Mental Toughness) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)