The Power of Self-Esteem An Inspiring Look At Our Most Important Psychological Resource

By Nathaniel Branden

HCI Paperback. Book Condition: New. Paperback. 97 pages. Dimensions: 8.3in. x 5.3in. x 0.4in. Though most us come from dysfunctional families, this world-famous psychologist stresses that it is still possible to develop positive self-esteem. Self-esteem plays a powerful role in the key choices and decisions that shape our lives. But how can we tell whether the power of self-esteem is working for us? Read this concise book to discover: The more than 20 characteristics that indicate positive self-regard, The 12 obstacles to the growth of self-esteem, The 6 self-empowerment principles, How your positive self-esteem makes a powerful difference in our changing world. If you wish to know what self-esteem depends on, how to nurture it in our children, support it in our schools, encourage it in organizations, strengthen it in psychotherapy or develop it in yourself, you need this book. Its clear message of hope is sure to be appreciated by everyone working on themselves or helping others. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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Ratings. Though most us come from dysfunctional families, this world-famous psychologist stresses that it is still possible to develop positive self-esteem. Self-esteem plays a powerful role in the key choices and decisions that shape our lives. But how can we tell. If our idea of self-esteem is vague, the means we adopt will reflect this vagueness. If our enthusiasm for self-esteem is not matched by appropriate intellectual rigor, we run the risk not only of failing to produce worthwhile results, but also of discrediting the field. Unfortunately, almost every writer in the field proposes a different definition of what self-esteem means. The Power of Self-Esteem book.

Read 14 reviews from the world's largest community for readers. Though most us come from dysfunctional families, this worl...Â Despite some flaws, I prefer the psychology of Freud and the Freudians in the sense that they do acknowledge more the interplay between the two. And finally, I found it both distasteful and humorous that Branden writes repeatedly throughout that self-esteem is about valuing who one is, and not about making oneself seem better than others (“People with high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves up against a comparative standard. The Power of Self-Esteem: An Inspiring Look At Our Most Important Psychological Resource Paperback – International Edition, January 1, 1992. by. Nathaniel Branden (Author).Â This is very important. Many people are not aware of the power of self-esteem and they are going through life trying to repair symptoms when in truth their problems stem from a lack of or a damaged self-esteem. Dr. Branden gives a very clear definition of self-esteem after pointing out some of the earlier and less correct attempts at the definition, and then informing us as to how self-esteem is damaged during many of our childhood years.Â The title of the book is The Power of Self Esteem not How To Create Self Esteem.