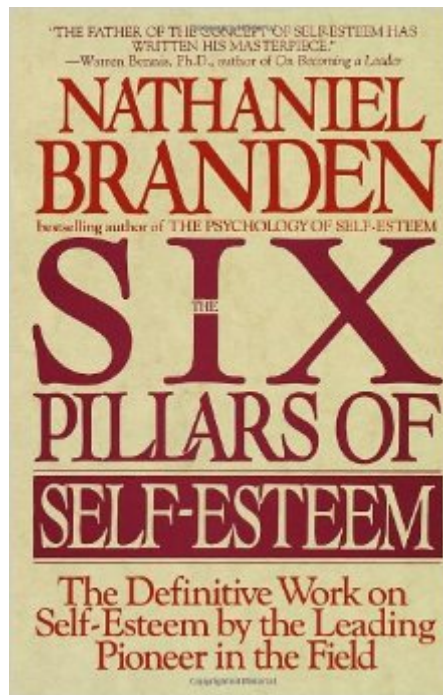


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The Six Pillars Of Self-Esteem: The Definitive Work On Self-Esteem By The Leading Pioneer In The Field



Synopsis

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power.

Book Information

Paperback: 368 pages

Publisher: Bantam; Reprint edition (May 1, 1995)

Language: English

ISBN-10: 0553374397

ISBN-13: 978-0553374391

Product Dimensions: 5.3 x 0.9 x 8.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (222 customer reviews)

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Customer Reviews

An interesting passage from this book reads, "Some of the most important things I learned came from thinking about my own mistakes and from noticing what I did that lowered or raised my own self-esteem." This interests me to reread this, because having first read this book in 1994, I wrote so many detailed introspective notes that I too can say, I've learned a lot from thinking and writing about the "learning lessons" of my life. And this is a life-time process. So, what are the 6 Pillars of Self-esteem? First, I'd like to say that a healthy dose of self-esteem is thinking for yourself, no matter

what is going on around you; while you maintain the belief that you deserve to be happy. And happiness is when you can say that you have more joy than pain in your life. The 6 pillars are: 1. Live Consciously This requires us to be fully in the present moment. And for most, this takes a bit of practice, because many of us are conditioned to disown the here and now, to survive what we have thought that we cannot handle. 2. Accept Yourself Yes. You have flaws and attributes. You also have the opportunity to enhance who you are, by accepting everything about yourself. In fact, the only way to enhance who you are is to accept yourself. 3. Take Responsibility for Your Experiences Through my journey, I have learned to be in conversations where I say to myself, "It comes down to 'this is where you end, and I begin,'" Saying such an affirmation has helped me to congruently say what I will and will not experience. And this is quite liberating not only to myself, but also to my interlocutor (most of the time) 4.

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