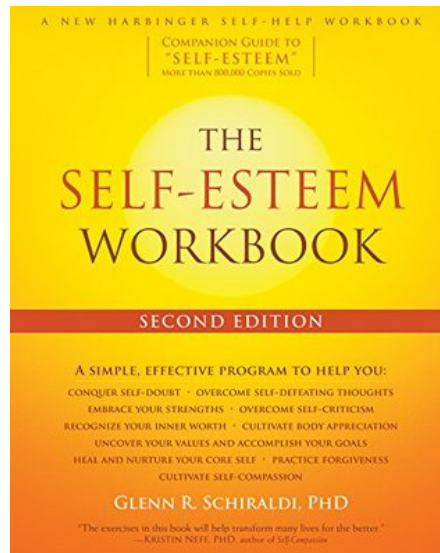




The Self-Esteem Workbook

Glenn R. Schiraldi

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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.

The Self-Esteem Workbook Details

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Author : Glenn R. Schiraldi

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From Reader Review The Self-Esteem Workbook for online ebook

Kat says

Great therapy for a bargain.

Crystal says

So practical, I LOVED it. Great perspective on what self esteem is - and how it can be built with practical activities and skill building.

Jeremy says

Quotes:

Self-esteem is not positive thinking, where you tell yourself how wonderful and perfect you are, hoping that you will thereby become so. This kind of thinking is emotionally immature and stressful because it is not grounded in reality. People with self-esteem have no need to inflate themselves. Rather they are secure enough to accurately appraise both their strengths and weaknesses.

Lavender says

This book contains some interesting information that could be useful for someone who has self esteem issues, including many exercises and journaling activities.

I won this book via Goodreads Giveaways.

Kristie J. says

While this book was sometimes difficult to work through by myself, I think my time and effort were worth it because I learned several valuable concepts and skills to boost my self-esteem. This book made me feel good about myself and reminded me of all of my good qualities and my intrinsic core worth. Each lesson was relatively short and straightforward. I love the "Even though... Nevertheless" technique. It's easy to remember and apply wherever you are. For example, if you make a mistake or have negative thoughts about yourself, you respond with a statement such as, "Even though I botched that project, nevertheless I'm still a worthwhile person." This technique can be expanded to include self-love and appreciation such as, "Even though I am overweight, nevertheless I love me," or personal growth such as, "Even though I'm not perfect, nevertheless I'm growing." This is a great book to have on my shelf to refer to whenever I'm feeling down.

Erica says

This book is incredible. It helped me view self-esteem in a different light and change my perspective on my worth (and other's). I come from a place of very low self-esteem and have for the longest time felt "not good enough". My self-esteem was/is affected by other's like and approval of me. This book taught me that self-esteem should not be dependent on externals, but instead we all have equal value and worth simply because we are human beings. This is because from birth we are born with worth. We are born with all the capabilities we can develop as humans, we have at one point contributed to others, therefore we can't be worthless, as children we brought joy to others just by being a child, and our masterful creation of a body just furthers the point of our value. This book goes further to create a hierarchy of the components that need to be put in place to restore a person to good health and reduce stress symptoms beginning from the foundation: a spiritual foundation, self-esteem skills, unfinished grieving/trauma skills, depression/anxiety/anger skills, and stress management skills. This makes sense to me because I have suffered with social anxiety for half my life and learning how to cope with anxiety is not enough. I must fix the bottom portion of the hierarchy, which includes my self-esteem. This topic is only briefly described in one of the end chapters. The book mainly focuses on rebuilding self-esteem by employing CBT techniques.

Latonya Rochelle says

Nice refresher.

Jessica Bratko says

It had great skills and explanations. A great starting point.

Amy says

another good workbook to go through with a client in both individual/group sessions

Canesgalactica says

It is what it is. I found it to be an interesting read, albeit somewhat boring in places. I also thought that some of the exercises were good or useful, others were just silly and there's no way I could apply them.

Hemsa says

Although this book dragged on in some parts, there were many informative sections that helped me gain a new perspective on self-esteem and what it means. I'm satisfied with this book overall and will be using the

exercises mentioned in this book.

- I received this through a giveaway.

Martha Garcia says

This is an excellent book, it gives some awesome exercises to boost you up. I will continue to use this book and do the exercises.

Bridgett says

Useful self-esteem exercises, though pretty basic.

Nina says

An excellent book on self-esteem, highly understandable and practical. It describes the foundations of self-esteem, the requirements needed for it to grow healthy and strong and the events that causes us to adopt a distorted perception of our core (our everlasting and unchanging human worth). This is a skill book, it must be practiced in order to allow its wisdom into us. It's light and easy to read, but it's designed to apply its content through a period of time. The key elements on this work book give will the reader the basic kit tool to repair, build and strengthen the human-core. And it's filled with useful references to other materials and resources, for further investigation and personal development. A must read for every person interested in becoming the best version of themselves.

Joanna says

A very good book - very comprehensive. Has an absolutely fabulous section on unconditional worth. The author clearly comes from a Christian perspective, though the book is not. Though I would've wished for mention and more in the basis for our worth (God), this book also considers the spiritual element, which surprised me. I think both secular and Christian counselors (who aren't offended by the concept of self-esteem which I believe shares some common ground with a Christian view of persons) would find this book useful. Full of great exercises and has a 'softer' CBT feel to it than many that are out there.
