



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.

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Teresa Jones:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled The Self-Esteem Workbook can be excellent book to read. May be it can be best activity to you.

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