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Six Pillars of Self Esteem

By Nathaniel Branden

Random House USA Inc, United States, 1995. Paperback. Book Condition: New. Reprint. 208 x 132 mm. Language: English . Brand New Book. Nearly twenty-five years ago Nathaniel Branden s book: The Psychology of Self-Esteem introduced a new and revolutionary concept of self-esteem. Since then he has done more than any other theorist to demonstrate the supreme importance of self-esteem to human well-being. Now he presents the culminating achievement of a lifetime of clinical practice and study. Immense in scope and vision, and filled with brilliant insights into human motivation and behavior, Branden s new book is already being hailed as the ultimate work on self-esteem. Of all the judgments we pass in life, none is as important as the judgment we pass on ourselves. Nearly every psychological problem - from anxiety and depression to self-sabotage at work or at school, from fear of intimacy to chronic hostility - is traceable to low self-esteem. In the chaotic and competitive world we face today, both personal happiness and economic survival rest on how well we understand self-esteem and nurture it in ourselves and in others. Part I of this provocative book demonstrates compellingly why self-esteem is basic to psychological health, achievement, and...



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Reviews

It in one of my personal favorite publication. It is actually rally fascinating throgh reading through period of time. Its been printed in an extremely basic way in fact it is just after i finished reading through this ebook by which basically transformed me, change the way in my opinion.

-- **David Weber**

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

-- **Mrs. Jane Quitzon DDS**