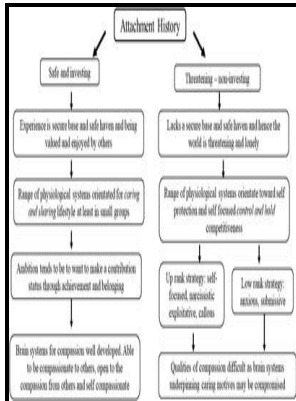


# Self-esteem trap - raising confident and compassionate kids in an age of self-importance

Little, Brown - Books by Relationship Expert Polly Young



Description: -

Self-esteem in children self-esteem trap - raising confident and compassionate kids in an age of self-importance

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**Polly Young**

Turns out that she'd volunteered to partner with two other classmates who hadn't been chosen for a group during gym. You have to embody those characteristics yourself. Only slowing down and paying attention.

**The Self**

Over the next 10 years, as her husband gradually reversed his mental maturity, Young-Eisendrath was faced with the question, what is love? She is a life-long Buddhist practitioner and a Mindfulness teacher. Marriage was always, and is still in many cultures, something like a corporation for the family, guaranteeing that children grow up healthy and functional, that wealth is conserved, and that generations continue.

**5 things we learned from . . .**

Learning how to identify and label emotions can help with processing them, but it can also make your child more aware of other people's emotions—and ultimately show them empathy.

**Nonfiction Book Review: The Self**

Clarifying an enormous cultural change, The Self-Esteem Trap shows why so many young people have trouble with empathy and compassion, struggle with moral values, and are stymied in the face of adversity. If parents want to raise confident offspring, they must show confidence in their children and let them make decisions on their own. Your best bet: Make it right in front of your child by apologizing to whomever you argued with.

## Related Books

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