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In *The Six Pillars of Self-Esteem* Branden delivers the culmination of a lifetime of clinical practice and research. In this exciting program he conclusively demonstrates the importance of self-esteem in our quest for psychological health, personal achievement, and positive relationships. Dr. Branden introduces the concept of six pillars—six action-based practices for daily living. He also provides guidelines to those responsible for fostering self-esteem in others and shows why self-esteem will be imperative for survival in the future.

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