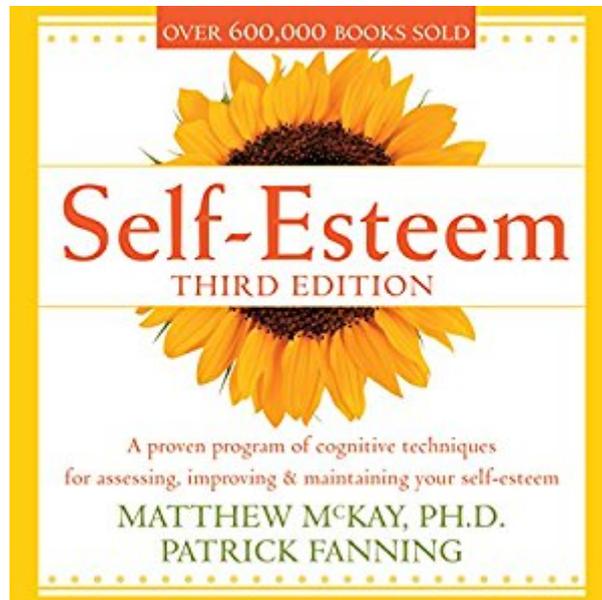


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# Self-Esteem: Third Edition



## Synopsis

Do you wake up dreading the day? Do you feel discouraged with what you've accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 8 minutes

Program Type: Audiobook

Version: Abridged

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Audible.com Release Date: October 28, 2008

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Best Sellers Rank: #135 in Books > Audible Audiobooks > Business & Investing > Careers #304 in Books > Audible Audiobooks > Nonfiction > Reference #1043 in Books > Business & Money > Job Hunting & Careers > Guides

## Customer Reviews

Self Esteem is a practical book. It's about taking control of your thoughts to take control of your feelings. That's all there is to it. With inspiring simplicity and logic, McKay and Fanning educate the reader about the causes and effects of strong self-esteem. It also introduces the Critic - the voice in your head that brings you down no matter what you do. Most importantly, it helps you to expose what psychological needs the Critic meets. Once this is figured, one can resolve to meet needs in a healthier manner. Next, with the reader aware of the needs his or her critic meets, a chart is offered, guiding the reader towards the specific resources mentioned in the book. Some of the written exercises are designed to enhance your awareness. Others are day-to-day activities in which you keep track of your exact thoughts in order to replace them with more realistic ones. In addition, visualization is offered as well, a powerful and simple tool for creating a healthier self-image. Yet, the authors wisely understand that rebutting old beliefs sometimes isn't enough. As a solution, they offer the technique of hypnosis. The logic behind this is that often the memories that rob us of our worth are not remembered consciously. As a result, many of the exercises in the book will not work, since

no memory is there for one to work with. Hypnosis allows one to directly access the subconscious, allowing one to implant healthier ideas of who we are. Self-Esteem's ultimate goal seems to be to get the reader to measure up against a new standard of worth. An inspiring passage sums it up: "The truth is that your value is your consciousness, your ability to perceive and experience. The value of a human life is that it exists. You are a complex miracle of creation.

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