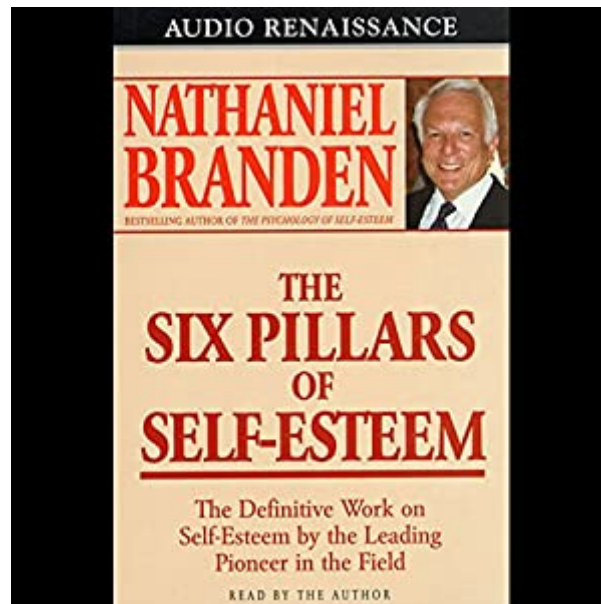


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# The Six Pillars Of Self-Esteem



## Synopsis

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

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## Customer Reviews

I really like this Dr's philosophy about self-esteem, and I find his approach very useful as I do my own personal therapy in conjunction with professional therapy. I have told several friends with similar problems to check it out.

This is one of the best and most powerful/important books I have ever read.

Overall I really enjoyed the first half of the book thru the 6 pillars which provided valuable insight, however, the second half of the book was extremely technical, too much psychoanalyst stuff. I would still recommend the book to anyone looking to gain insight and strengthen self esteem; the book provides very good exercises.

Good book, very practical, it has great tips and exercises to work on your self-esteem. It lacks a bit of depth, because some people may just do the exercises and expect miracles, and we all know that doesn't happen, but it is a very good book to hand to the client/patient. Accessible and easy to understand, positive and motivational. All in all a good purchase.

Get it!!! Read it, re read it. work on the projects, take the time and don't rush through. It made big changes in my life, or I could say I made the big changes with the help of this book.

Excellent book. It helped me to understand a lot more about my inner thoughts and behavior. I will definitely be a better father, a better friend and a better partner in a relationship. I will develop deeper characters in my writing. Thank you. luca

Incredible book. I'm reading it per recommendation by Mark Manson and this info is valuable. Worth taking time to absorb. Provides a deep understanding of one's value and creating boundaries to be your most powerful self.

A client with low self-esteem asked me about this book. It sounded very promising for any of my clients with such issues. Although I have the highest regard for Nathaniel Brandon and his work, this book is anything but user friendly. I could not recommend it. The type is very small and text so tightly spaced that reading it is arduous and uninviting. There is so much material about so many aspects of self-esteem as to be overwhelming. The Six Pillars are actually a small section of the book. I think that section laid out in larger type with text spaced invitingly could be very helpful to clients. There is an excellent review of this book available on the internet that does just that.

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