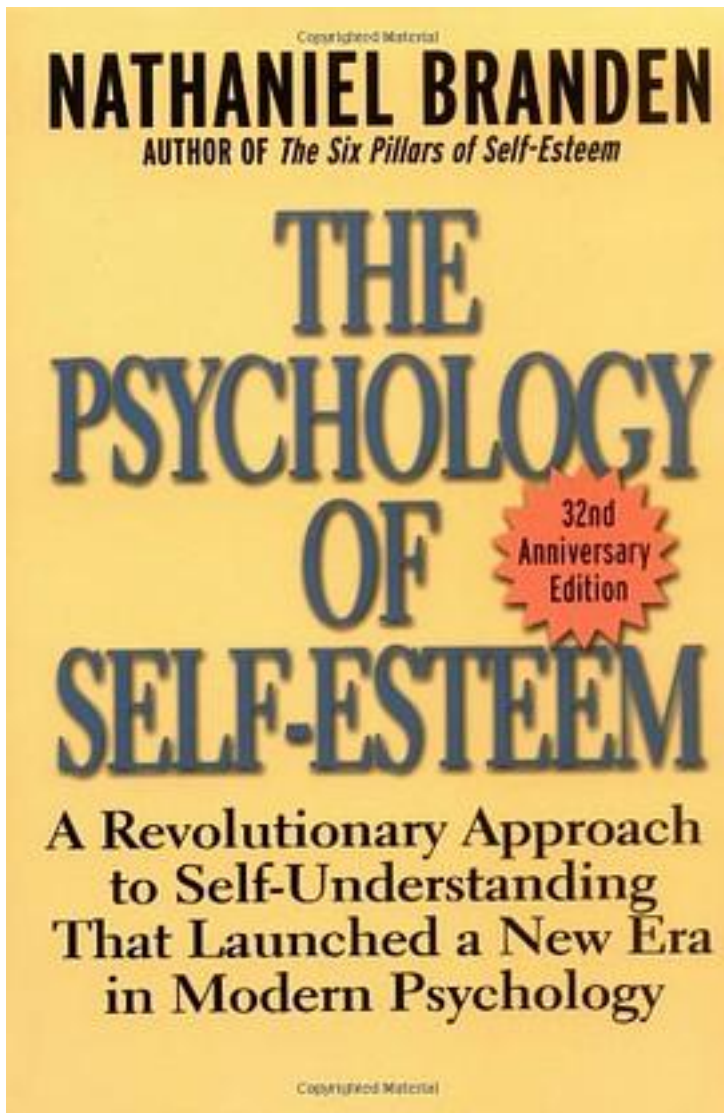


# The Psychology of Self-Esteem



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著者:Nathaniel Branden

出版者:Jossey-Bass

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This new edition of the original text reveals how Nathaniel Branden's landmark book broke the rules of conventional behavioral theory and promulgated his revolutionary ideas on the critical role that self-esteem plays in living a healthy, fulfilling life. The book offers an in-depth exploration of the need for self-esteem, the nature of that need, the conditions of fulfillment, and how self-esteem (or lack of it) affects our values, responses, and goals. Branden also debunks the misguided notion that self-esteem is a "feel-good phenomenon" and shows instead how self-esteem, rationality, perseverance, self-responsibility, and personal integrity are all intimately related.

作者介绍:

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## 标签

self-esteem

心理学

自尊

心理

Psychology

2017

## 评论

What a load of jibber-jabber.

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Jul-Nov 2017 Book of the Year

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深度解析一个人如何才能快乐。自尊，自信，自爱的人才能够有快乐。不然都是假的。  
。半夜起来自己对自己的评价不会改变。

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书评

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