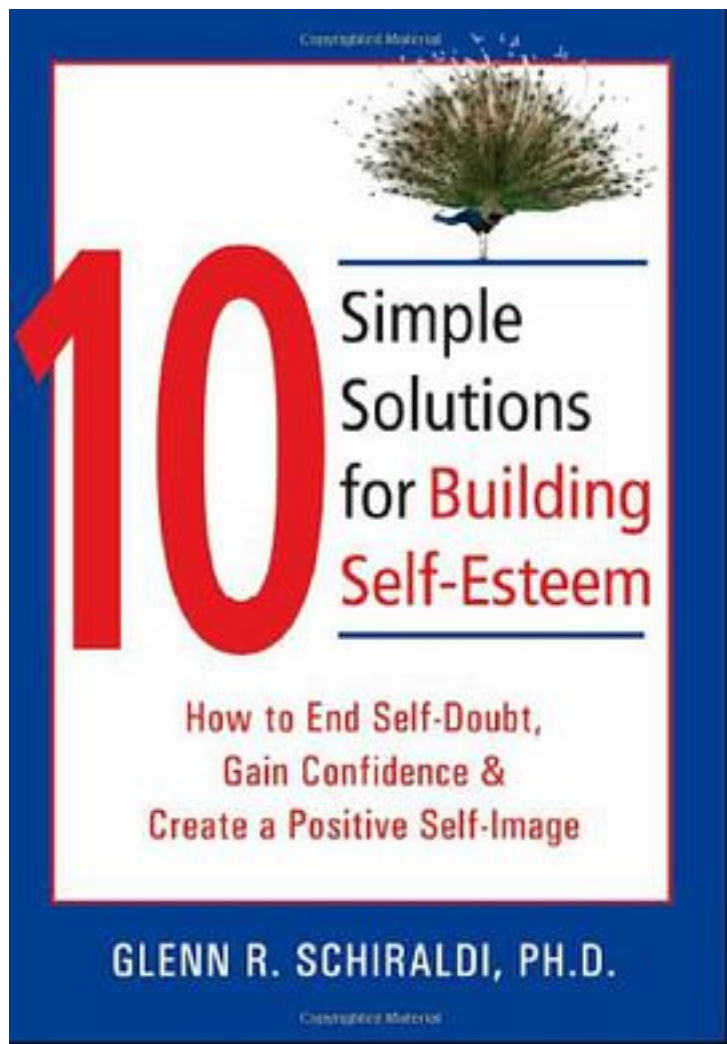


10 Simple Solutions for Building Self-Esteem



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It's no secret that we're all bombarded with negative messages. We're too fat, too thin, work too much, not enough. Combine this with the fact that we are far more critical of ourselves than we would be of others, and you can see why low self-esteem is a common and dangerous threat to many of us. Maintaining a strong and healthy self-esteem will help an individual be happy, successful and well-adjusted, but the consequences of negative self-esteem can be very severe: depression, anxiety, fragile relationships and a lifetime of unnecessary suffering. Author Glenn Schiraldi's "Self-Esteem Workbook" offers readers a comprehensive programme for assessing and increasing self-esteem. But many of us simply haven't the time or the motivation to undertake a major re-evaluation of the way we see ourselves. Fortunately, this latest installment in New Harbinger's "Ten Simple Solutions" series offers readers quick, easy-to-grasp tips for fostering a positive sense of self, distilling the best techniques from the author's successful "Self-Esteem Workbook". With a little patience and practice, readers will discover what wonderful, valuable people they really are.

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