

How to Win with High Self-Esteem



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According to the author, we have become too reliant on intelligence, beauty, and money for our own self-esteem. The loss of esteem reduces the will and ability to set and reach goals. In a series of readings and exercises he teaches how to avoid negative statements, how to change them into self-facing behavior, and how to take charge of your mental attitude. Where other motivational and self-help works stop with the theoretical plan for success, Douglas take everyday examples and puts them into this written workshop. From raising children who believe in themselves to using self-esteem to help bridge production gaps in the workplace, he gives readers concrete solutions to the problems that plague their interpersonal relations. Building self-esteem comes from saturating your thoughts with positive affirmations and learning to react to failures with motivation instead of self-degradation. These lessons are valuable for anyone who feels that life is even slightly outside of his control. People who feel they have adequate esteem can learn to utilize it to make their successes grander, faster, and more beneficial for others. Douglas approaches this process of self-development as a means of more than creating good things for the individual but also for setting up keys for influencing good things for others. How to Win with High Self-Esteem is powerful reading with exercises that track the reader's progress in becoming more self-aware and positive towards the self. For more than thirty years, Dr. Mack R. Douglas has been speaking to, conducting seminars for, and training groups like General Motors, Boy Scouts of America, and Prudential Insurance, to name a few. He has addressed more than two million people on topics from time management to speaking effectively to raising drug-free children. He is president of Discovery Seminars International, with offices in the U.S., Saudi Arabia, Indonesia, Thailand, and Egypt. He is the author of fifteen books, including How to Make a Habit of Succeeding (pb), published by Pelican.

作者介绍:

目录:

[How to Win with High Self-Esteem_下载链接1](#)

标签

评论

[How to Win with High Self-Esteem_ 下载链接1](#)

书评

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