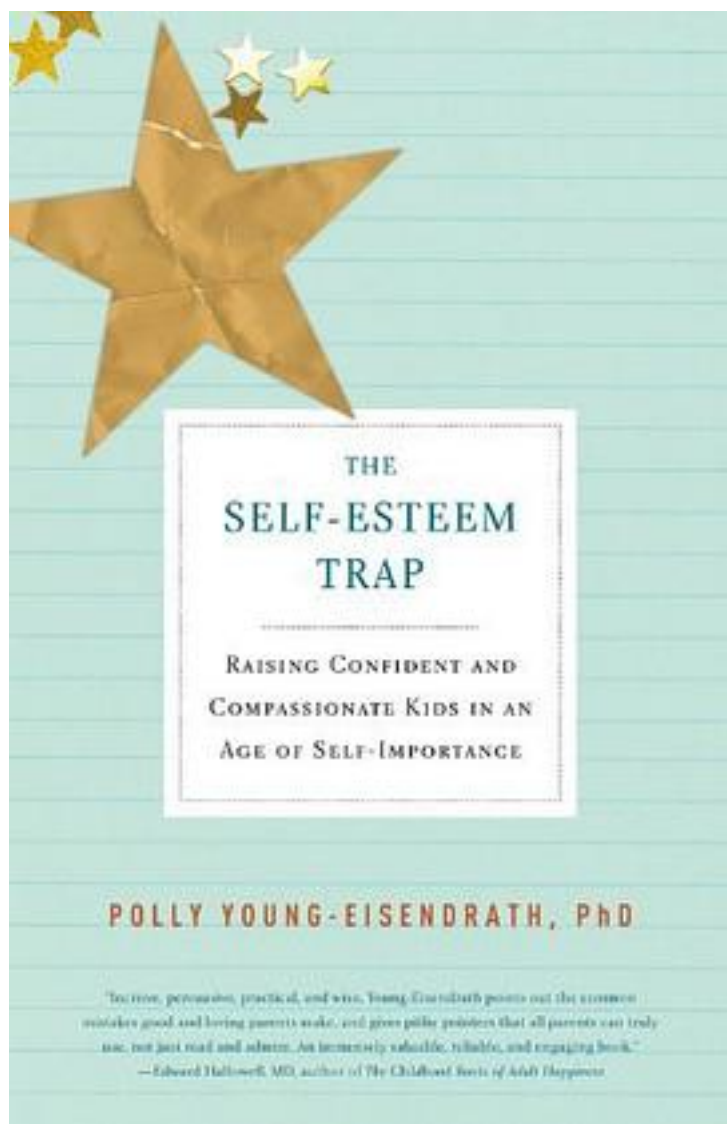


The Self-Esteem Trap



[The Self-Esteem Trap_ 下载链接1](#)

著者:Young-Eisendrath, Polly

出版者:

出版时间:2008-9

装帧:

isbn:9780316013116

Kids today are depressed and anxious. They also seem to feel entitled to every advantage and unwilling to make the leap into adulthood. As Polly Young-Eisendrath makes clear in this brilliant account of where a generation has gone astray, parents trying to make their children feel special are unwittingly interfering with their kids' ability to accept themselves and cope with life. Clarifying an enormous cultural change, THE SELF-ESTEEM TRAP shows why so many young people have trouble with empathy and compassion, struggle with moral values, and are stymied in the face of adversity. Young-Eisendrath offers prescriptive advice on how adults can help kids - through the teen and young adult years - develop self-worth, setting them on the right track to productive, balanced and happy lives.

作者介绍:

目录:

[The Self-Esteem Trap_ 下载链接1](#)

标签

Psychology • Effort

评论

Shame is the sense or belief that something is wrong with the self, something is defective or missing. This immobilization produces evidence that something is wrong, often leading to a desire to hide, disappear, or die.

[The Self-Esteem Trap_ 下载链接1](#)

书评

[The Self-Esteem Trap 下载链接1](#)