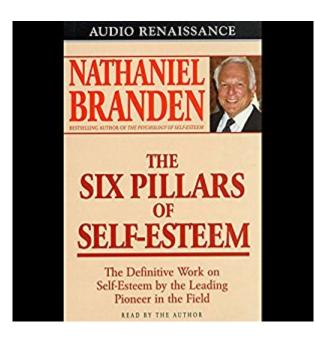
The book was found

# The Six Pillars Of Self-Esteem





## Synopsis

In The Six Pillars of Self-Esteem, Nathaniel Branden presents the culminating achievement of a lifetime of clinical practice and research. In this penetrating and provocative program, he conclusively demonstrates the importance of self-esteem in our quest for psychological health, personal achievement, and positive relationships."Yet how do we gain true self-esteem?" Dr. Branden introduces the six pillars of self-esteem - six action-based practices for daily living. Here for the first time are simple but powerful exercises for increasing personal awareness and effectiveness. Exploring the importance of self-esteem in the workplace, parenting, education, psychotherapy, and society, Dr. Branden provides guidelines for those responsible for fostering self-esteem in others - and shows why a culture of self-esteem is imperative for survival in the 21st century.

### **Book Information**

Audible Audio Edition Listening Length: 3 hours Program Type: Audiobook Version: Abridged Publisher: Macmillan Audio Audible.com Release Date: June 13, 2000 Language: English ASIN: B0000544VI Best Sellers Rank: #106 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #137 in Books > Self-Help > Self-Esteem #255 in Books > Business & Money > Management & Leadership > Motivational

## **Customer Reviews**

An interesting passage from this book reads, "Some of the most important things I learned came from thinking about my own mistakes and from noticing what I did that lowered or raised my own self-esteem."This interests me to reread this, because having first read this book in 1994, I wrote so many detailed introspective notes that I too can say, I've learned a lot from thinking and writing about the "learning lessons" of my life.And this is a life-time process.So, what are the 6 Pillars of Self-esteem?First, I'd like to say that a healthy dose of self-esteem is thinking for yourself, no matter what is going on around you; while you maintain the belief that you deserve to be happy.And happiness is when you can say that you have more joy than pain in your life.The 6 pillars are:1. Live

Consciously This requires us to be fully in the present moment. And for most, this takes a bit of practice, because many of us are conditioned to disown the here and now, to survive what we have thought that we cannot handle.2. Accept Yourself Yes. You have flaws and attributes. You also have the opportunity to enhance who you are, by accepting everything about yourself. In fact, the only way to enhance who you are is to accept yourself.3. Take Responsibility for Your Experiences Through my journey, I have learned to be in conversations where I say to myself, "It comes down to 'this is where you end, and I begin,'" Saying such an affirmation has helped me to congruently say what I will and will not experience. And this is quite liberating not only to myself, but also to my interlocutor (most of the time)4.

#### Download to continue reading...

The Six Pillars of Self-Esteem The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Confident You! Coloring Book for Children: Fun Drawings with Encouraging, Positive Statements to Improve Self-Esteem Self-Esteem: Third Edition The Tortoise and the Hairpiece: A kids book about how to make a friend and build self esteem and confidence Schoolgirls: Young Women, Self Esteem, and the Confidence Gap Confidence & Self-Esteem for Teens Teen Fit For Girls: Your Complete Guide to Fun, Fitness and Self-Esteem The Self-Esteem Workbook The Alpha Male's 6 Laws of Self Esteem Children's Books: Don't Think You Can't; (audio book download) How children succeed?(Funny Picture books),(Kids books-Social skills-Self esteem-Values) ... Bedtime stories for Beginner readers 1) Self-Esteem Affirmations Maximum Confidence: Ten Secrets of Extreme Self-Esteem

#### <u>Dmca</u>