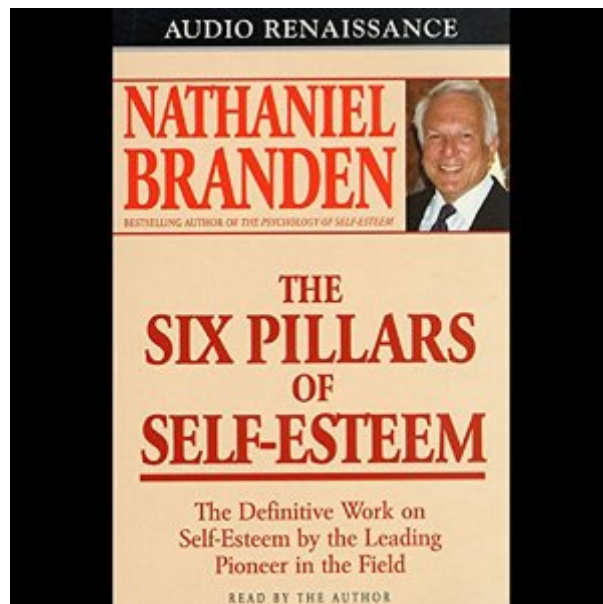


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# The Six Pillars Of Self-Esteem



## 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

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## 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.

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