



Beat Low Self-Esteem With CBT (Teach Yourself)

By Christine Wilding, Stephen Palmer



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Is this the right book for me?

Beat Low Self-Esteem with CBT will give you the skills you need to overcome a lack of self-esteem, making it easier for you to deal with tough times and leaving you a happier and more confident person. A complete program for changing your self-image, it takes you step-by-step through every aspect of confidence, with exercises to accompany each stage and short-term 'personal assignments' that will give you long-term benefits and lasting results.

Beat Low Self-Esteem with CBT includes:

Chapter 1: Great self-esteem: what is it?

What is self-esteem?

Childhood origins

Adulthood: time to tackle low self-esteem

Introducing your Personal Fault Finder

The importance of risk taking

The consequences of low self-esteem

Introducing self-acceptance

Your personal view of yourself

Goal setting

Chapter 2: Thinking your way out of low self-esteem

Identifying the problem

The different levels of thinking

Beliefs versus facts

Negative thoughts, assumptions and beliefs

Rules for living

The role of emotion in low self-esteem

Self-defeating behaviour

Replacing self-defeating thoughts

Tackling negative beliefs

Bringing your positive qualities into focus

Chapter 3: The perfection trap

What is perfectionism?

Challenging perfectionistic beliefs

Developing healthier values

Chapter 4: Defeat low self-esteem by developing self-acceptance

Developing self-acceptance

Healthy versus unhealthy self-acceptance

Chapter 5: 'It's not my fault: life is against me'

The low self-esteem victim

Self-pity: blaming yourself rather than others

Taking responsibility for your feelings

Don't give up

Chapter 6: Increase your self-esteem through assertiveness

The role of assertiveness in good self-esteem

Assertiveness skills

The four behaviour types

Behaving assertively

Being assertive with yourself

Your assertive rights **Chapter 7: Act your way to good self-esteem**

'Faking' good self-esteem

Master confident body language

Cultivate a confident expression

Develop a confident-sounding voice

First impressions

Chapter 8: Body image

Is your body image a problem?

How does poor body image affect you?

Say 'Goodbye' to poor body image

Making changes

Chapter 9: Becoming an optimist

Increasing optimism

Positive thinking

Chapter 10: Self-esteem and relationships

Why low self-esteem blights relationships

How to gain confidence in your relationship

Using openness and honesty

Surviving a break-up with your self-esteem intact

Chapter 11: Developing emotional strength

What is resilience?

The characteristics of resilience

Develop emotional strength by improving resilience
Sources of resilience
Understanding resilience as a process
Developing resilience

Chapter 12: Developing as a person to increase self-esteem

The keys to the kingdom: your values
Which values are important to you?
Creating your personal plan
Working on your values
Tackling serious errors of judgement
Deeply held negative feelings
Feedback from others can be helpful
Moving forward: your goal plan

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One, five and ten-minute introductions to key principles to get you started.

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Lots of instant help with common problems and quick tips for success, based on the author's many years of experience.

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Five things

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Bibliography**

- Sales Rank: #3291562 in Books
- Published on: 2010-03-26
- Original language: English
- Number of items: 1
- Dimensions: 7.75" h x .50" w x 5.00" l, .48 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Review

"If you have low self-esteem this will be money well spent"? **Amazon reviewer**

About the Author

As a practising CBT therapist, Christine Wilding, (Chartered MCIPD, MBACP (Accred)), has worked with hundreds of clients suffering from mood disorders and self-esteem issues. Her skills also extend to coaching and she specialises in helping professionals to manage stress and improve communication.

Stephen Palmer is one of the most well-known experts on stress and self-esteem. A prolific author, he still practices, in addition to holding a number of academic positions and serving as founder-director of the Centre for Stress Management.

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Marilyn Daniels:

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