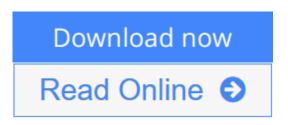


Beat Low Self-Esteem With CBT (Teach Yourself)

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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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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