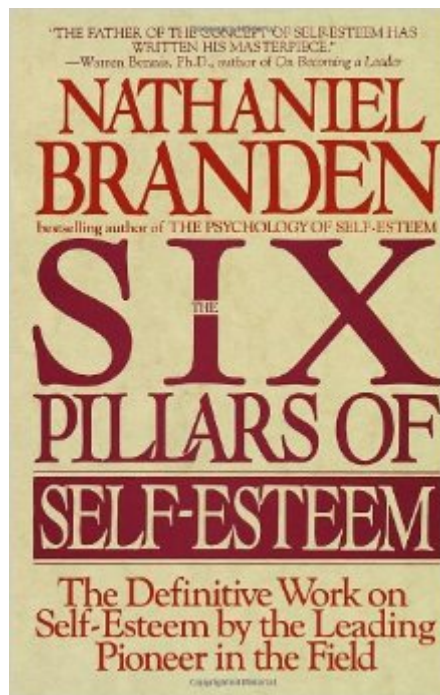




The book was found

The Six Pillars Of Self-Esteem: The Definitive Work On Self-Esteem By The Leading Pioneer In The Field



Synopsis

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power.

Book Information

Paperback: 368 pages

Publisher: Bantam; Reprint edition (May 1, 1995)

Language: English

ISBN-10: 0553374397

ISBN-13: 978-0553374391

Product Dimensions: 5.2 x 0.9 x 8.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 259 customer reviews

Best Sellers Rank: #11,213 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Aging #59 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #70 in Books > Self-Help > Self-Esteem

Customer Reviews

Self-esteem expert Branden outlines the six characteristics that define his guide to better living, emphasizing personal responsibility and self-reliance. Copyright 1995 Reed Business Information, Inc.

Branden, who has already explored issues of self-esteem in *The Psychology of Self-Esteem*, LJ

2/1/70, and How To Raise Your Self-Esteem, LJ 3/15/87, argues that acquiring high self-esteem is essential to a person's survival in the world. His core assertions are believable enough, but he does not outline the six pillars until well into the book, which is too late to hook the reader. Ultimately, this is a repetitive, verbose, and somewhat rambling book. Better choices would be Richard Bednar's more scholarly Self-Esteem: Paradoxes and Innovations in Clinical Theory and Practice (American Psychological Assn., 1989) or, for public libraries, Matthew McKay, Self-Esteem (New Harbinger, 1992). Not recommended. Previewed in Prepub Alert, LJ 10/15/93.- Jennifer Amador, Central State Hosp. Medical Lib., Petersburg, Va. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I really like this Dr's philosophy about self-esteem, and I find his approach very useful as I do my own personal therapy in conjunction with professional therapy. I have told several friends with similar problems to check it out.

This is one of the best and most powerful/important books I have ever read.

Overall I really enjoyed the first half of the book thru the 6 pillars which provided valuable insight, however, the second half of the book was extremely technical, too much psychoanalyst stuff. I would still recommend the book to anyone looking to gain insight and strengthen self esteem; the book provides very good exercises.

Good book, very practical, it has great tips and exercises to work on your self-esteem. It lacks a bit of depth, because some people may just do the exercises and expect miracles, and we all know that doesn't happen, but it is a very good book to hand to the client/patient. Accessible and easy to understand, positive and motivational. All in all a good purchase.

Get it!!! Read it, re read it. work on the projects, take the time and don't rush through. It made big changes in my life, or I could say I made the big changes with the help of this book.

Excellent book. It helped me to understand a lot more about my inner thoughts and behavior. I will definitely be a better father, a better friend and a better partner in a relationship. I will develop deeper characters in my writing. Thank you. luca

Incredible book. I'm reading it per recommendation by Mark Manson and this info is valuable. Worth taking time to absorb. Provides a deep understanding of one's value and creating boundaries to be your most powerful self.

A client with low self-esteem asked me about this book. It sounded very promising for any of my clients with such issues. Although I have the highest regard for Nathaniel Brandon and his work, this book is anything but user friendly. I could not recommend it. The type is very small and text so tightly spaced that reading it is arduous and uninviting. There is so much material about so many aspects of self-esteem as to be overwhelming. The Six Pillars are actually a small section of the book. I think that section laid out in larger type with text spaced invitingly could be very helpful to clients. There is an excellent review of this book available on the internet that does just that.

[Download to continue reading...](#)

The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Six Pillars of Self-Esteem High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation A Pioneer Sampler: The Daily Life of a Pioneer Family in 1840 Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self Love: Raising Your Self-Confidence & Self-Esteem Self-Esteem for Teens: Six Principles for Creating the Life You Want (The Instant Help Solutions Series) The Practicum Companion for Social Work: Integrating Class and Field Work (4th Edition) (Merrill Social Work and Human Services) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) 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 Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New

Harbinger Self-Help Workbook) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9
Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive
Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Confidence:
Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem,
Charisma, Personal Magnetism & Self Confidence) Empty Your Cup: Why We Have Low
Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1) Think Confident, Be
Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating
Unshakable Self-Esteem (The Instant Help Solutions Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)