



# The Self-Esteem Workbook

*Glenn R. Schiraldi*

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**Every now and then, we all second-guess ourselves. If you have low self-esteem, or are constantly comparing your successes and failures with those of the people around you, it's time to take a step back and re-evaluate how you treat *you*.**

*The Self-Esteem Workbook* is based on the author's original new research, which has shown that self-esteem can be significantly improved through the use of self-help materials. Now psychologist and health educator Glenn Schiraldi has shaped these tested resources into a comprehensive, self-directed program that guides readers through twenty essential skill-building activities, each focused on developing a crucial component of healthy self-esteem.

This classic is still the most comprehensive guide on the subject and the only book that offers proven techniques for talking back to your self-critical voice. Learn step-by-step techniques to help you:

- Handle your mistakes and respond well to criticism
- Foster compassion for yourself and others
- Set up and achieve goals that will enrich your life
- Use visualization for self-acceptance

If you are ready to stop being hard on yourself, and start showing compassion and understanding, this workbook can help you get started.

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