



# 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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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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