



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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